

Cedrus Sauna



Owner's Manual

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**CERTIFIED TO: CAN / CSA STD C22.2 No.164
CONFORMS TO: UL STD 875**

CAUTION - VERY IMPORTANT

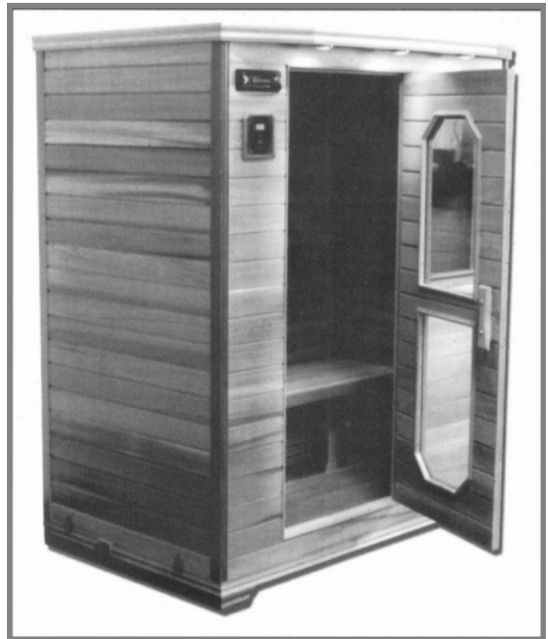
- * Cord cover must be fastened with supplied screws.
- * Bench must be secured with supplied screws.

Installation Information

Please read the instructions thoroughly before and during assembly to ensure proper installation of the unit. Assembly of the sauna requires at least two adults. Find a dry and level location where you have an easy access for the main cord. Should you have any questions during assembly, please feel free to contact our Customer Service at 877-700-7286, M-F, 8am to 5pm, PST.

Cleaning and Maintenance

1. We strongly recommend you wipe inside of the sauna with a damp cloth before using your Cedrus Sauna.
2. Use furniture polish to clean the exterior of the sauna.
3. Placing a towel on the floor and on the bench of the sauna will help to absorb perspiration during a sauna session.
4. Scratches and stains can be removed from the inside of the sauna by using a fine grade sandpaper over the damaged area.



Assembly Instructions for all 4500 Models

1. Placing bottom panel

Place the bottom on the floor and make sure the two cords inside the brass metal box are to the front.



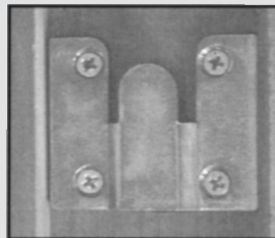
2. Place Front Panel on Bottom Panel

Place the front panel onto recessed area on the front of bottom panel. (One person must support front panel while another proceeds to the next step.)



3. Connecting Side Panels (brackets are inside molding)

While one person holds the front panel, have the other person get the left front panel. Place the panel in the groove on the floor panel. Make sure the angle of the side panels molding is flush with the front panel. Then elevate the side panel 2-3 inches and push firmly against the front panel. Check the bottom to make sure it lines up correctly. Now firmly slide the panel down.



Assembly Instructions for all 4500 Models

4. Connecting power cables (from bottom to front panel)

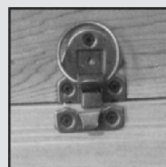
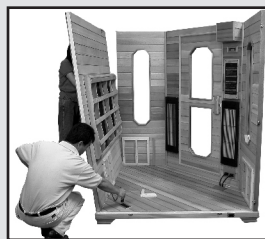
Plug female power cable from bottom of panel to the outlet located on the front panel. Female power cable plugs into male outlet. Male cable plugs into female outlet located on front panel.

Note: Make sure when making connections that all plugs are pressed firmly in place.



5. Connecting back right panel to sides and bottom

Connect by lining up back right panel on recessed area and align the buckles. Fasten buckles to right side panel and floor panel. Connect power cable from back right panel to power strip on corner of floor panel.



6. Installing bench support

Slide the bench support in by lining up the sides with the corner going in front of wooden ledger on middle of floor panel.



Assembly Instructions for all 4500 Models

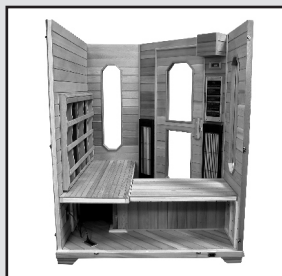
7. Placing long bench

Place the long bench along the back right panel. Slide bench along support and in between heater cover.



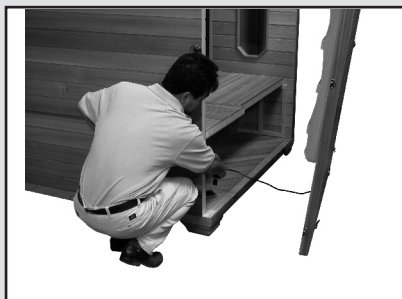
8. Placing small bench

Place on bench support and side panel support. Flat edge goes towards the back.



9. Placing the left back panel

Before placing the left back panel on the recessed area, connect power cable from left back panel to power strip on corner of floor panel. Place panel and connect all buckles to front panel and floor panel. Connect back panels to each other by snapping the buckles.



Assembly Instructions for all 4500 Models

10. Placing top panel

Place the top panel on the back corner first and before front. Make sure light plugs are inside the radio box, and then secure front. Check all sides of roof to ensure they are firmly in place. If any corner is loose, push side panel or correct panel. Roof should be secure.



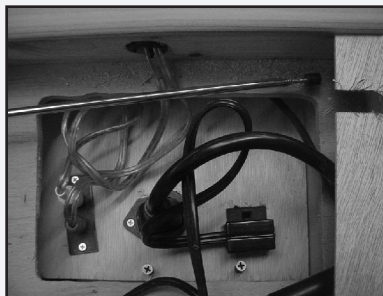
11. Assembly (Antenna and speaker connections)

Connect antenna and speaker cable connections on the top of the top panel as follows:

A. Open the sliding door located in the front left corner of the top panel.

B. Locate the two male power cables, antenna cable, and speaker cables with the two black and red jacks.

C. Plug in the two male power cables, antenna, and speaker cables into corresponding female outlets. Connect red speaker jack plugs into red speaker outlet. The same goes for the black.



Digital Controller Operating Instructions



1. Pressing the Start/Stop key for two seconds will turn on the controller and the inside and outside lights. The time and temperature settings of the last session will be displayed alternately for 30 seconds. Changing the time or temperature settings during this period will restart the 30-second delay.

2. If no keys are pressed for 30 seconds, the controller will automatically energize the heaters and begin

counting down from the preset time.

3. The time and temperature settings can be changed at any time by pushing the appropriate Up and Down keys. Temperature setting changes will always be saved in memory, but only time changes made during the first 30 seconds after the controller is turned On will be saved in memory.

4. During timer countdown the controller will display the time remaining for 45 seconds and the actual temperature inside the sauna for 15 seconds once every minute. In this mode the display will show "Lo" for 15 seconds when the temperature is below 90° F (32° C).

5. The actual temperature inside the sauna can be displayed on demand by pressing both the Up and Down Temp keys simultaneously. In this mode actual temperature will be displayed even when below 90° F.

6. The inside and outside lights can be toggled On and Off with the appropriate front panel keys whenever the controller is running.

7. The temperature can be set at 170° and for 60 minutes. Warm the sauna for 10 -15 minutes, then use for 30 minutes. Do not expect the sauna to exceed 150° F (66° C) in one 30-minute session. The ambient temperature around the sauna will affect the climb rate.

Digital Controller Operating Instructions

8. The timer can be set between 0 and 60 minutes.
9. When the timer reaches 0 the controller beeps 5 times, then the heaters and controller shut Off.
10. If the temperature inside the sauna exceeds 180° F a built-in High Temperature Alarm function will activate. During the alarm condition the heaters will shut off, the beeper will beep one-second bursts and the display will alternately flash “OTA” (Over Temp Alarm) and display actual sauna temperature. Pressing any button will silence the beeper, but the alarm condition can only be reset by cycling the controller Off and On using the Start/Stop key after the sauna temperature has dropped below 100° F.
11. The temperature display units can be switched from °F to °C. To change the display units turn the controller On by pressing the Start/Stop key while holding the Down Temp key.
12. The controller incorporates several self-diagnostic routines. These diagnostic routines run at start-up and while the controller is running. If an error is detected the controller will respond by immediately turning off the heaters and displaying an error code.

CAUTION

The sauna heaters shall not be subjected to water spray and showerheads shall not be installed above the sauna heaters.

If the manually resettable temperature-limiting control trips frequently, a qualified serviceman should be contacted.

Commonly Asked Questions

1. Why does the bench heater not work as well as the other heaters?

The bench heater is actually a 200-watt heater, the back panel heaters are 300 watts, and the front panel heaters are 400 watts. All of the heaters have the same surface area, and after 5-10 minutes are fully warmed. They are also very close in overall surface temperature making the sauna a very even therapy.

2. Why do the lights not work? Where do they plug in?

The slide hatch is located on the outside on top of the roof in the front left corner. The plugs for the inside lights, outside lights, speaker connections, and the antenna plug are there. The slide hatch often makes contact with the plug for the inside light, open and adjust the plug.

3. Where are the directions to put the sauna together?

The directions are located in Box A inside the accessory box. Open the accessory box and the manual with serial number is inside. Also if necessary call the 1-800 number and we will be happy to assist you in assembling it.

4. What wattage and how many amps is my sauna?

All of the wattage should be available online. The wattage and amps are as follows:

2-person 1400 watts and 15 amps

3-person 1700 watts and 20 amps

4-person 1850 watts and 20 amps

Corner units 1850 watts and 20 amps

5-person 1900 watts and 20 amps (220v)

5. How does Infrared help me when it is not very hot inside the sauna?

Infrared is best at low temperatures that match your body heat. Although at your exact body heat you would not feel much heat, this is why we suggest using it at slightly higher temperatures. Again warming the sauna for the 5-10 minutes and using it for 30 minutes daily will provide the benefits you are seeking.

6. Why does it take so long for the sauna to heat up to maximum temperature (170°)?

Again we do not suggest using it at high temperatures because infrared is a low-heat therapy. At higher temperatures the wavelength is much shorter and not as effective. We suggest turning the unit on and allowing the heaters to warm for 5-10 minutes, and then using it for a half hour. The exact temperature is unimportant as the infrared is also warming your body. The sauna will expand and contract your sweat glands as you are using it. This repetitive action will cause you to sweat at lower temperatures and you will notice sweating much earlier in your sauna sessions.

7. Can I use the sauna everyday?

Yes. We suggest you drink a liter of water for every half hour of sauna use to keep hydrated. As long as you feel fine use the sauna daily and enjoy. To notice the benefits much faster, it is actually suggested to use daily. Using it only weekly will take your body much longer to sweat, as your body cannot get used to the infrared.

Commonly Asked Questions

8. How long can I use the sauna each day?

We suggest using the sauna a half hour per day. It makes no difference whether you use it in the day or at night. Use it according to your schedule and follow the heating instructions.

9. What micron range does the heater emit?

The sauna emits a micron range of 6 - 8 microns.

10. What is the best temperature to use?

Do not pay attention to the temperature, just allow 5-10 minutes for warm up and use for the half hour period. As your sweat glands are like muscles, you will notice that the more you use it, you will sweat at lower temps.

11. What is the heater made of?

The heater is a transistor wire in a tube that is filled with silicone sand that is encapsulated in aluminum and ceramic coated. It is patented and has the largest surface area available.

12. How much will the sauna cost to run a month?

The sauna runs on the same wattage as a hair dryer and will cost very little to run monthly.

13. If I do use it everyday, what else should I do?

Drink plenty of fluids to replace the fluids you will be losing with everyday usage. If you like, take a warm shower before to help accelerate the opening of the sweat glands and the sweating process.

14. How do I clean the sauna?

For the sauna, just wipe the inside with a damp cloth. Any furniture polish will do for the outside. Do not use anything with chemicals, as the heat will warm these products.

15. Can I place the sauna outdoors?

Yes, we offer a marine grade cover that is waterproof and available at your request. The cover is handmade and very sturdy.

16. Do I need to put towels down?

Yes. Placing towels on the bench and floor areas will prevent the staining from sweat and also keep the inside cleaner overall. The towels can be used on the backrest as well.

Warranty and Contact Information

Full Spectrum International Inc.

14723 Carmenita Rd.

Norwalk, CA 90650

Tel: (877) 700-7286

Fax: (562) 483-7061

Warranty

Full Spectrum International Inc. warrants the sauna to be free of defects in material and workmanship.

*Heaters	Lifetime
*Workmanship	Lifetime
*Electrical Components	Lifetime

This warranty extends only to the original retail purchaser of the sauna and is terminated upon transfer of ownership. It does not extend to commercial or institutional use or installation. The sauna must be purchased and installed in the United States within one year of the manufactured date. Freight charges to and from the customer and any labor charges incurred are the responsibility of the customer. This includes freight charges for parts shipped to enable the services of your sauna.

The warranty is void if the sauna has been altered, misused, abused or exposed or exposed to water. Such instances shall include operation or maintenance of the sauna in deviation to the published instructions. The warranty extends only to the manufacturing defects and does not cover any damages resulting from mishandling of the product by the owner. The warranty does not apply to light bulbs.

Full Spectrum International Inc. shall not be liable for the loss of use of the sauna or the other incidental or consequential damages. Under no circumstances shall Full Spectrum International Inc. or any of its representatives be held liable for injury to any persons or damages to any properties. Specifications are subject to change without notice.

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