

FINSAUNA®

Radia IR 400U

72"W x 46"D x 78"H



Installation & Operation Manual

Note: Please Read This Manual Before Building

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Specifications

Radia IR 400U

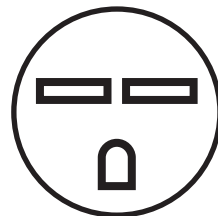
Dimensions

Exterior: 72"W x 46"D x 78"H
Interior: 67"W x 41"D x 70"H

Electrical

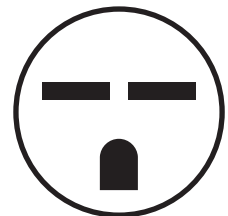
Voltage: 240VAC
Wattage: 2950
Amperage: 12.2
Receptical: Nema 6-15R
Plug: Nema 6-15P

Recepticle



NEMA 6-15R

Plug



NEMA 6-15P

Infrared Panels

Total: 8
Right Wall: 450W x 1
Left Wall: 450W x 1
Back Wall: 350W x 4
Bench Skirt: 350W x 1
Floor: 300W x 1

Installation

Infrared Sauna Location

When choosing a location for your FINSAUNA infrared room, keep these two things in mind:

- Your sauna should be placed on a solid level surface.
- Your sauna must be placed in a dry area.

These are the installation requirements for your FINSAUNA infrared sauna:

1. Your sauna should not be built into any structure. It is a self-contained and freestanding unit.
2. To allow easy access to the main power cord, ensure there is a minimum of 3-inches of clearance from the top wall and all sides of the unit.

Moisture may cause damages to the interior and exterior of your sauna. Your basement, attic, garage, playroom, spare bedroom, new extension, and garden chalet are a few possible locations for your sauna. FINSAUNA Radia's beautiful hemlock wooden exterior will complement your home beautifully.

If you choose to place your Radia sauna outdoors, you must use a cover to protect your sauna. Do not place the sauna on a surface that easily gets wet. Placing your sauna outside without a cover will void your warranty.

Cleaning & Maintenance

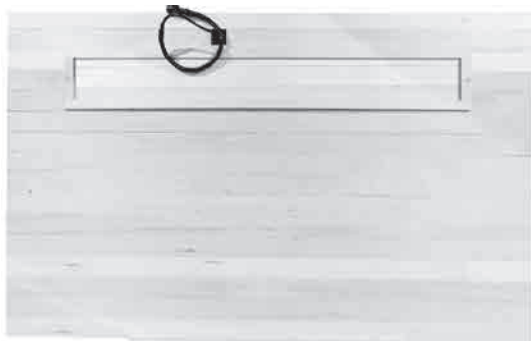
1. Before using your FINSAUNA Infrared Sauna for the first time, use a damp cloth to clean the inside of the sauna. You can use a natural furniture polish or bees wax to clean the exterior.
2. To burn off any factory dust before using your sauna for the first time, turn the sauna on for the maximum time and temperature. For maximum performance of the heaters, cycle your FINSAUNA Radia (turn on to max temperature and run for one hour) 2-3 times.
3. Remove any scratches and stains on the inside of the sauna using a fine grade sandpaper over the damaged area.
4. A customized Radia cover is available as an accessory for all models. Use of this protective storage cover will not only preserve the natural beauty of the sauna but will also help in maintaining it for years of continuous enjoyment.
5. We recommend applying a heavy furniture polish or bees wax to the outside of the sauna before putting the (optional) cover on. The polish will create a barrier for better protection.

Installation

Step 1: Bottom Panel

Take the bottom panel and place in it in the position the sauna will be assembled.

Note: Sauna can be carefully pushed into final position after being assembled.

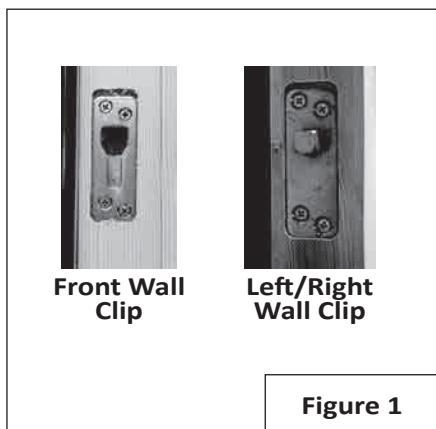


Step 2: Front Wall / Left Wall

Place the front wall standing on the ground in front of the floor panel and flush them together.

Lift the left side wall to align the clip/keyhole mechanism and lower the wall into position.

Note: See figure 1 for clips

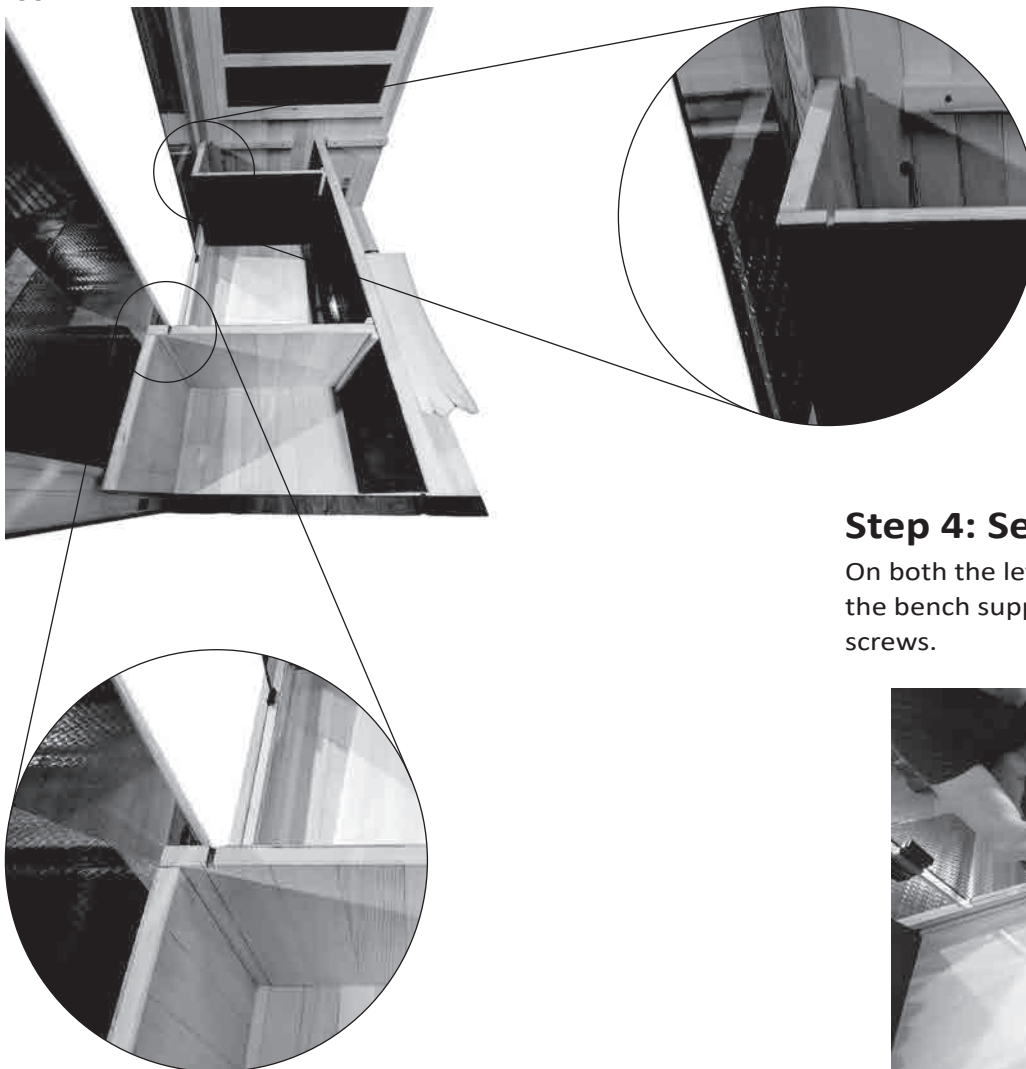


Installation

Step 3: Bench Supports

Locate the bench supports and the skirt panel. Place panels as shown in image below.

Note: Ensure notch on side supports is facing up and towards the front of the room.



Step 4: Secure Bench Supports

On both the left and right side screw together the bench supports using provided black screws.



Installation

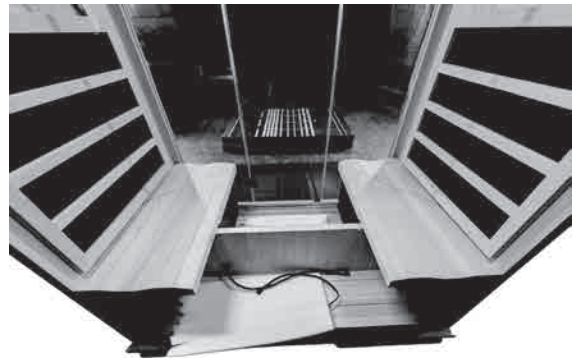
Step 5: Right Wall

Locate the right side wall. Carefully align mounting clips on right wall with front wall until right wall drops into place.



Step 6: Side Benching

Grab the left and right side bench tops. Place as shown below.



Bench Lighting:

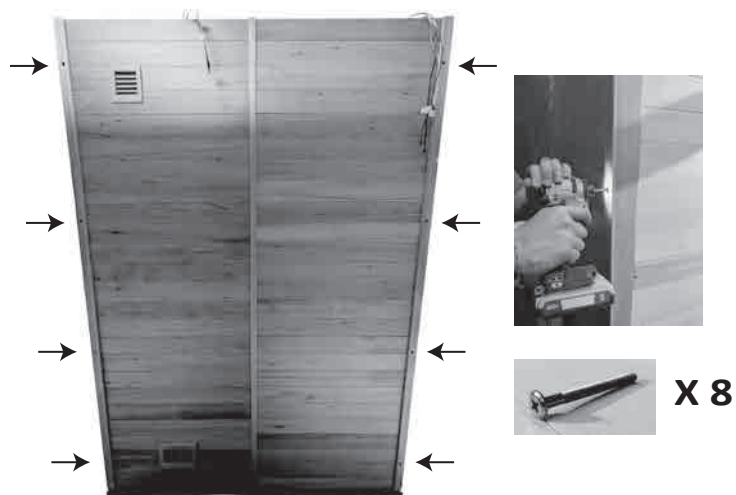
Connect led light cable for both left and right bench. Route cable through notch from step 3.



Installation

Step 7: Back Wall

Grab back wall and position up against left and right wall. Grab back wall screws and screw into place. After from the inside screw down back wall at base, see step 4.



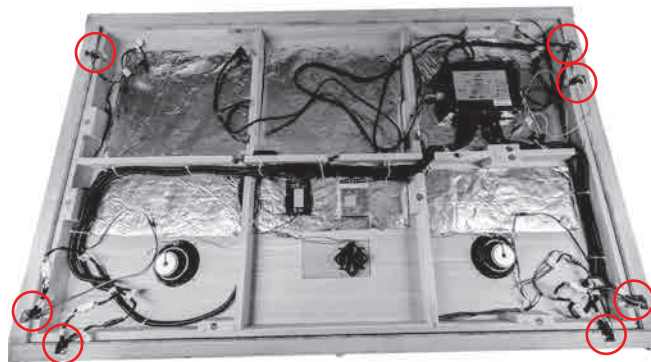
Step 8: Ceiling

With two people place the ceiling over the sauna.



Step 9: Ceiling Connections

Remove dust covers to access connections. Follow numbers on cables and match cables coming from wall to connections on ceiling.



Installation

Step 10: Bench Connections

Grab the power cable for the bench IR panel and plug into plug on back wall. There are two panel power connections that will plug into the back wall. Next grab the LED bench light cable and connect to lead from back wall.

Heater Power Cable

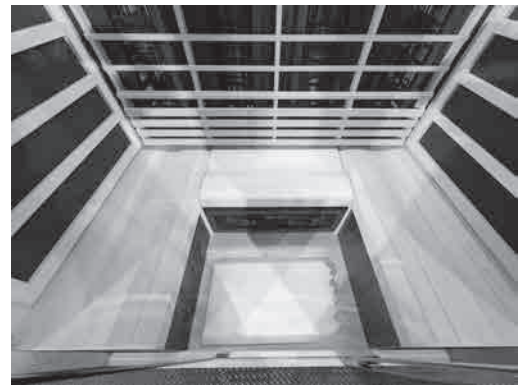


LED Light Cable



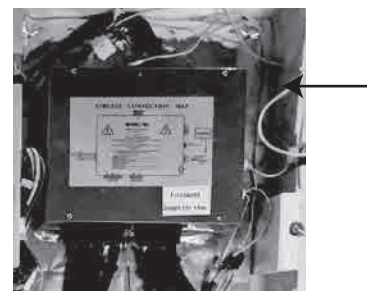
Step 10: Bench Top

Grab the middle bench top and place between the left and right side bench's.



Step 12: Power Cable

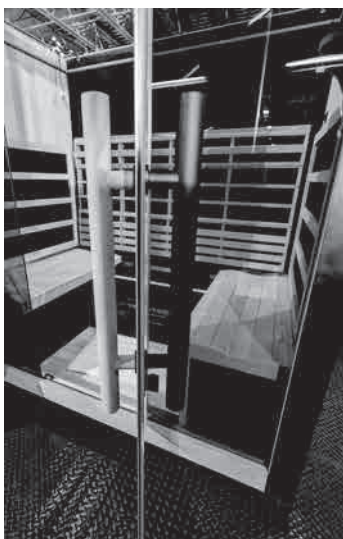
Take main power cable and plug into Red power box.



Installation

Step 13: Door Handle

Locate door handle set. Unscrew both screws, line up the handle with the two holes on the glass door with the black handle on the outside and the wood handle on the inside. Level handle and tighten screws. Once tightened install dowel caps.



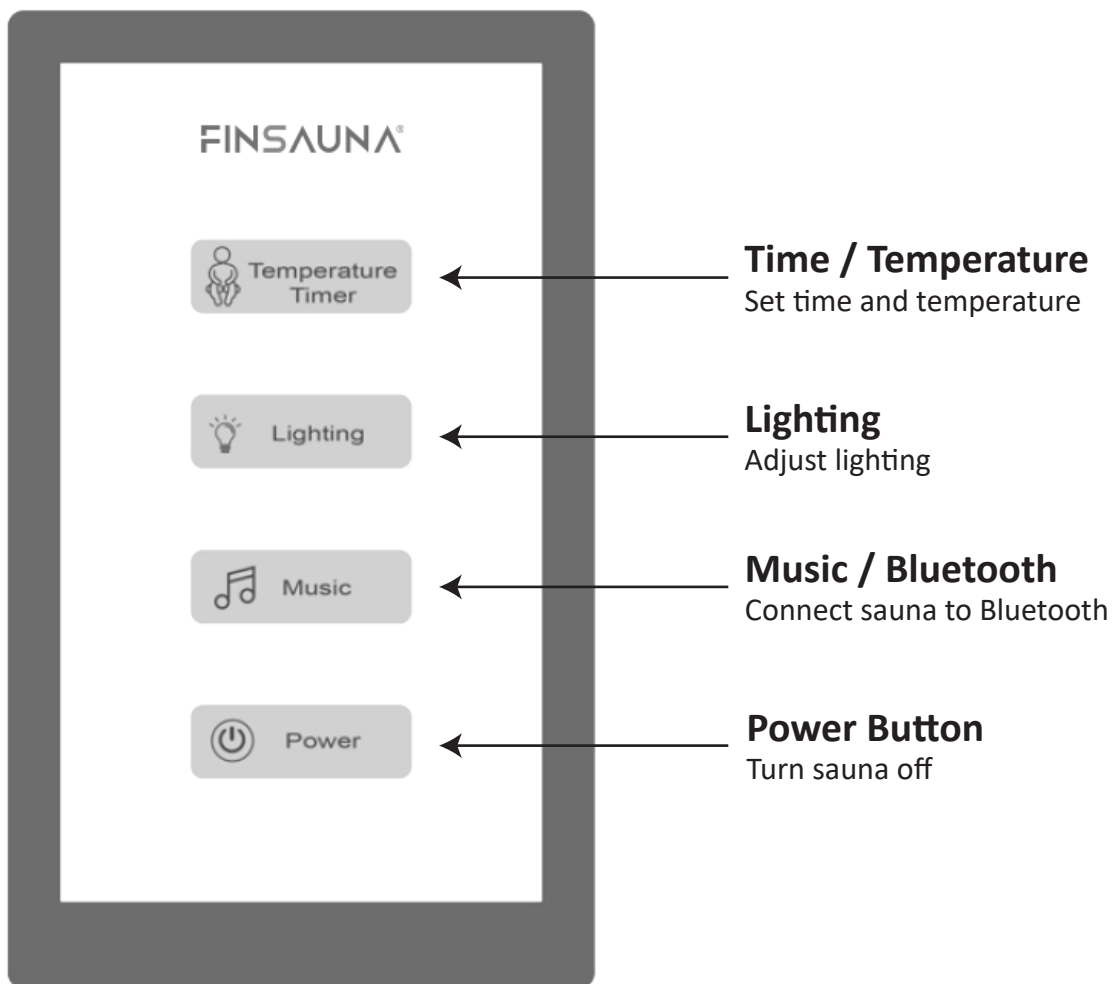
Step 14: Finish Build

You are now finished with the installation of your new sauna. Next steps will go through startup.



Startup

1: LCD Control Panel



Startup

2: Powering on Your Sauna

1. Plug the power cord into the electrical outlet. All lights on the LED Control Panel will flash one.
2. During Off mode nothing will display.
3. We recommend turning the sauna on for the maximum time and temperature in order to burn off any factory dust before using your sauna for the first time. For maximum performance of the heaters, cycle your sauna (turn on to max temperature and run for one hour) 2-3 times.

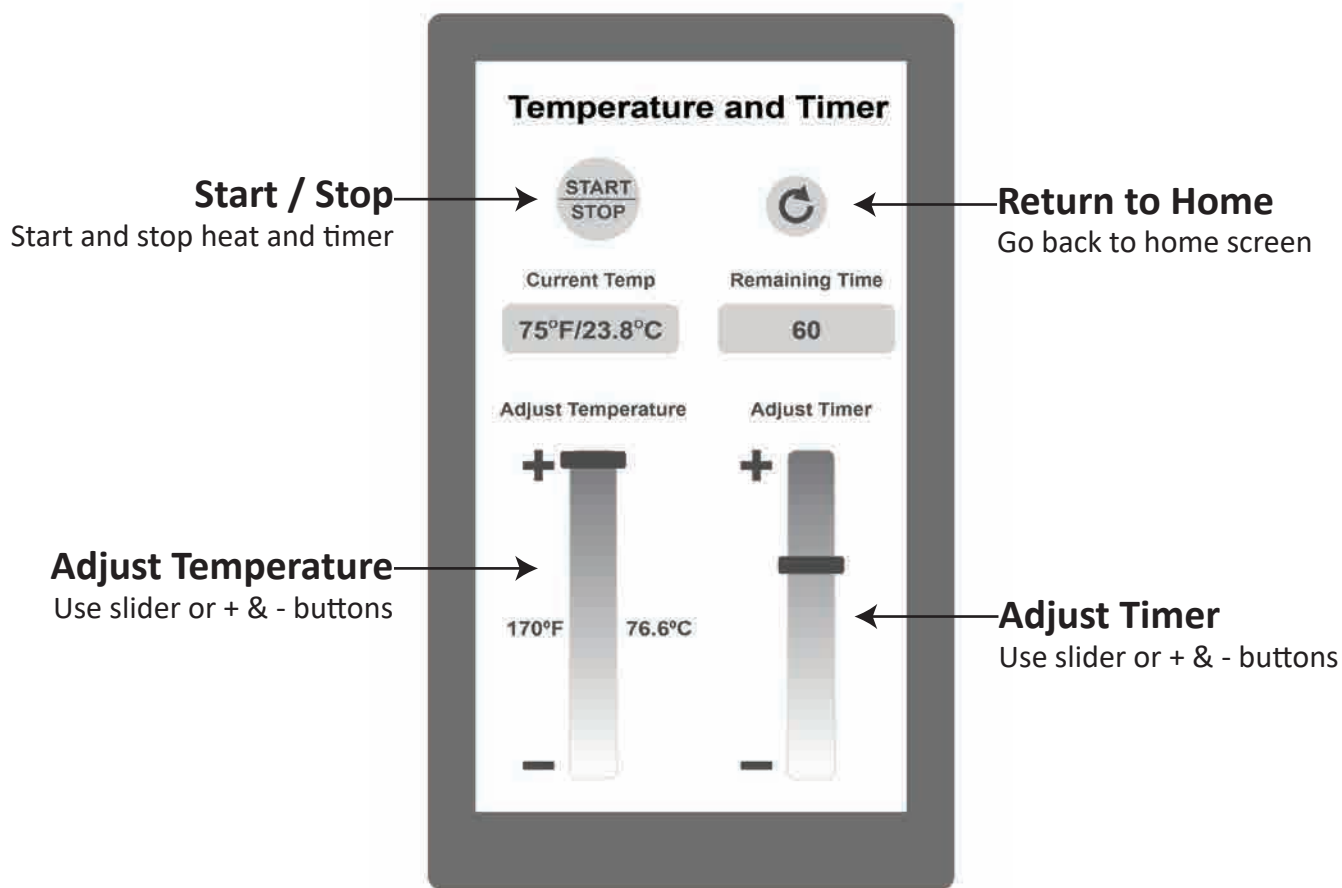
3: Startup of Sauna

1. Press and hold your index finger on the bottom left side of the LCD screen until the controller turns itself on.



Startup

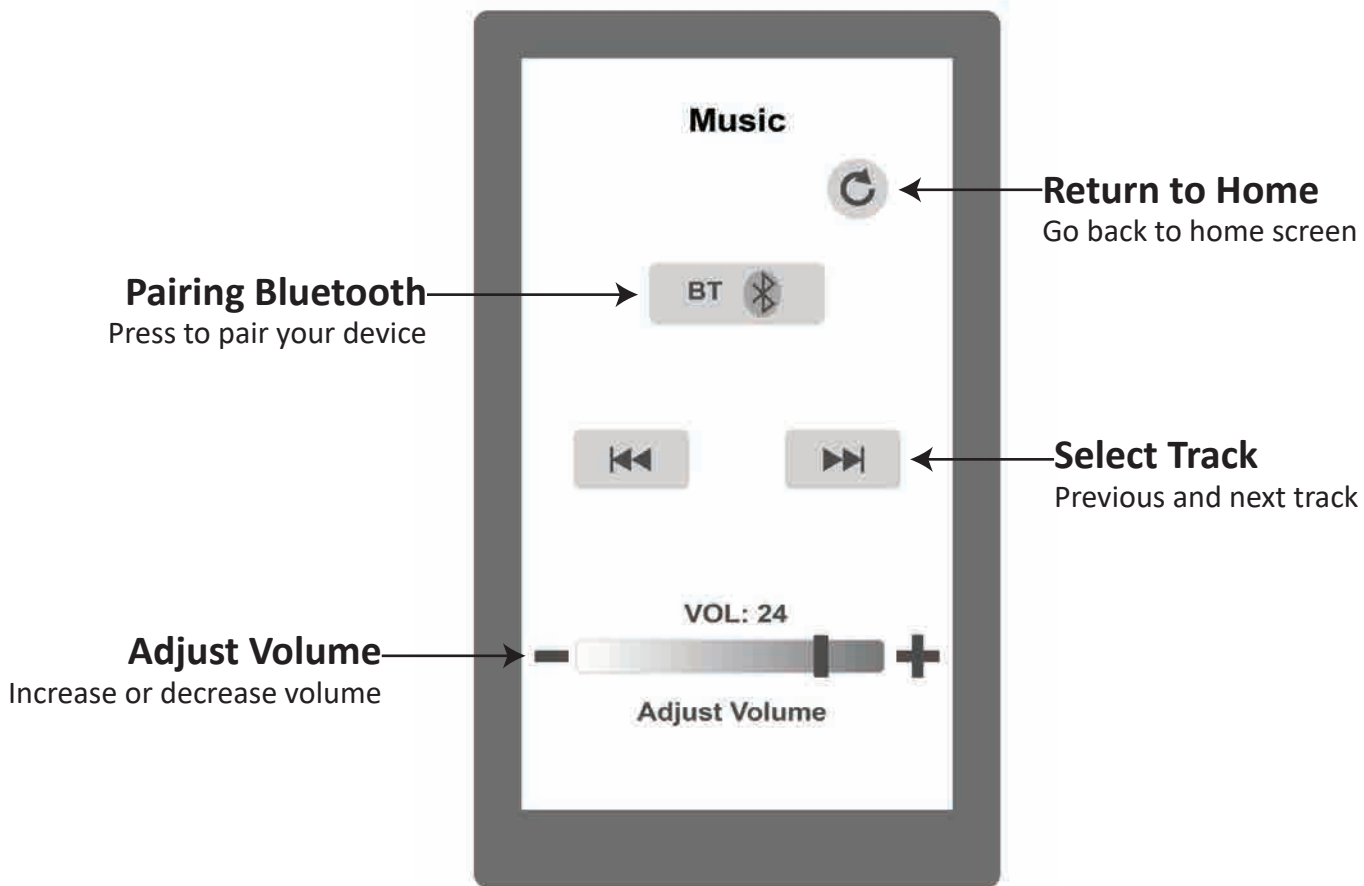
4: Setting Sauna Session Time and Temperature



Startup

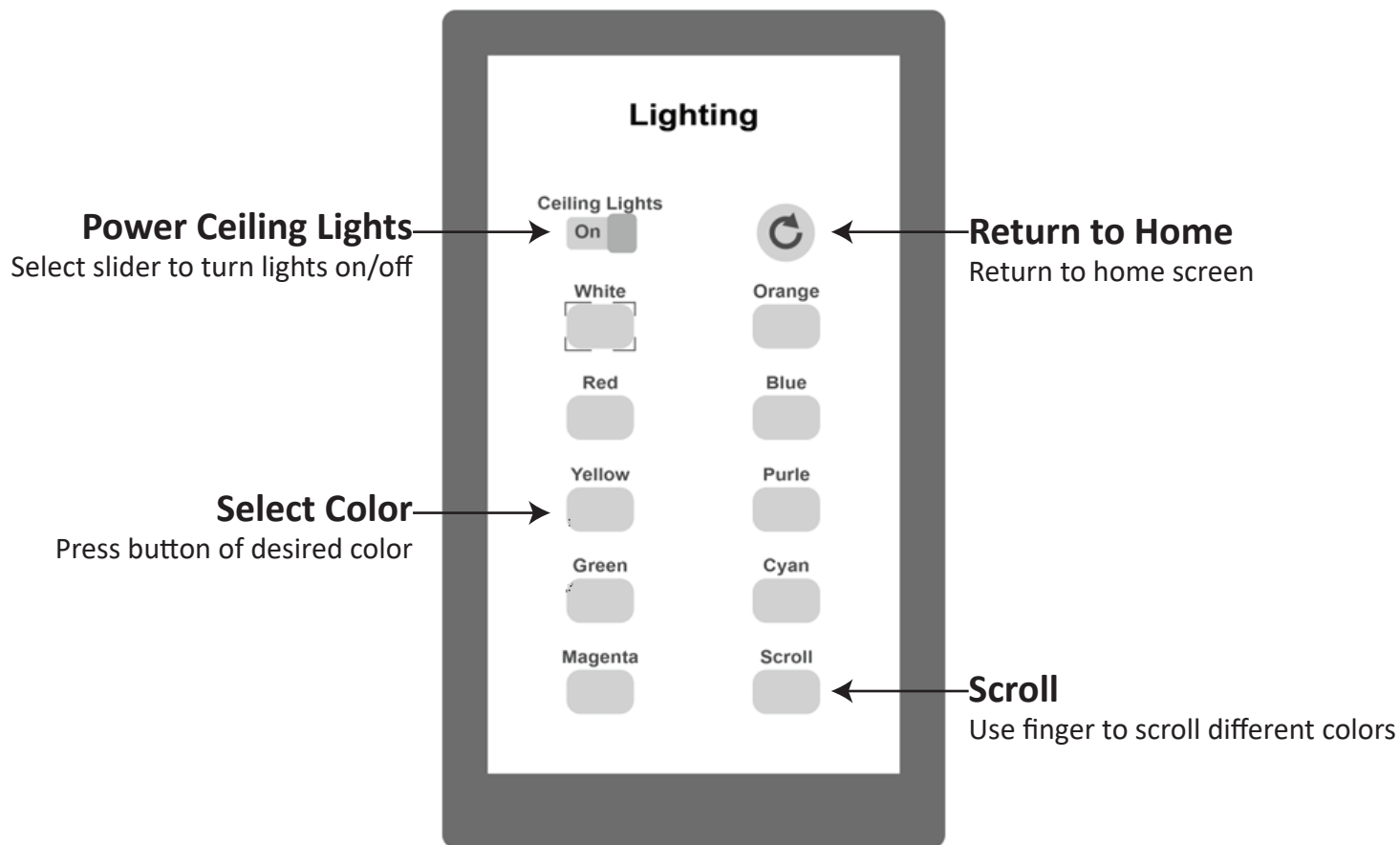
5: Using Bluetooth

Note: Ensure your device is in pairing mode. After pressing the BT button on the controller your device should see BT-Sauna.



Startup

6: Controlling the Multi-Color LED Light

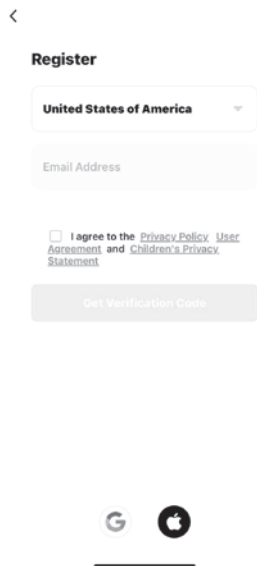
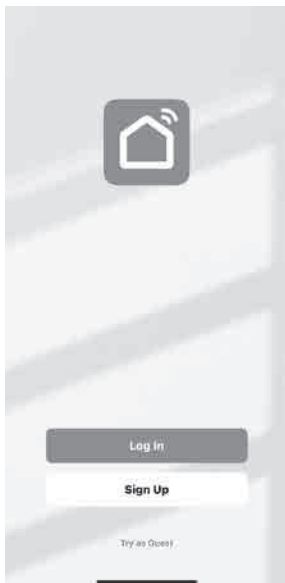


WiFi Operation

1: Download Smart Life App



2: Registration



Registration

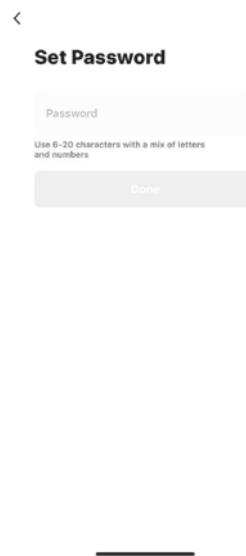
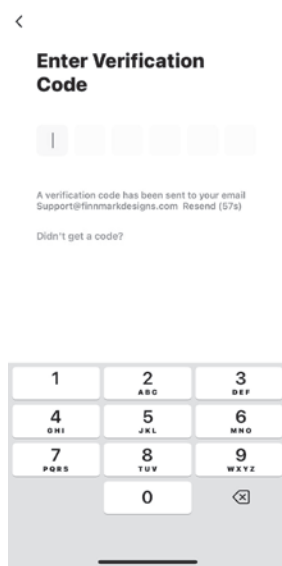
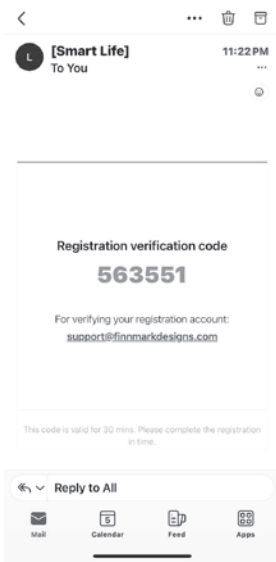
If you do not have an app account, you may choose to register, try as guest or log in by authentication code. The registration process is described on this page and the next.

Click "Sign up" to enter the Smart life registration page. Enter email address and select "agree" to the privacy policy.

Click "Get Certification Code".

WIFI Operation

3: Verification Code / Password



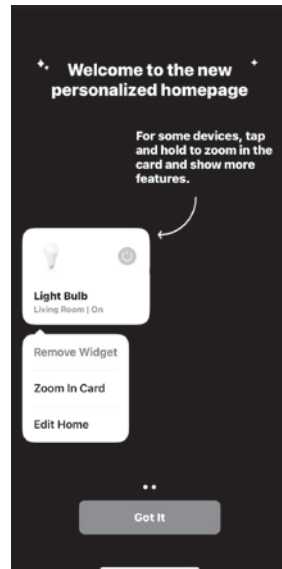
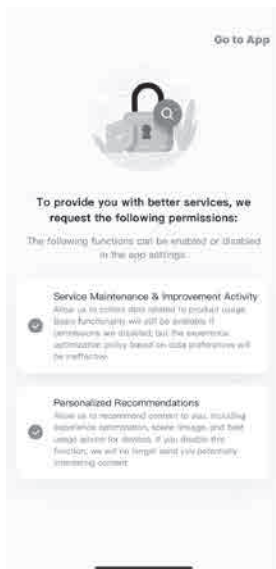
Verification Code / Password

Open the email account you registered with, then open the email sent from Smart Life. Copy the verification code.

Return to the smart life app and paste your verification code.

Set your account password and select "Done".

4: Permissions / Welcome



Permissions / Welcome

Select permissions and clickk "Go to App" located top right.

Select "Got It" on next screen.

WiFi Operation

5: Turn on Controller / Confirm WiFi



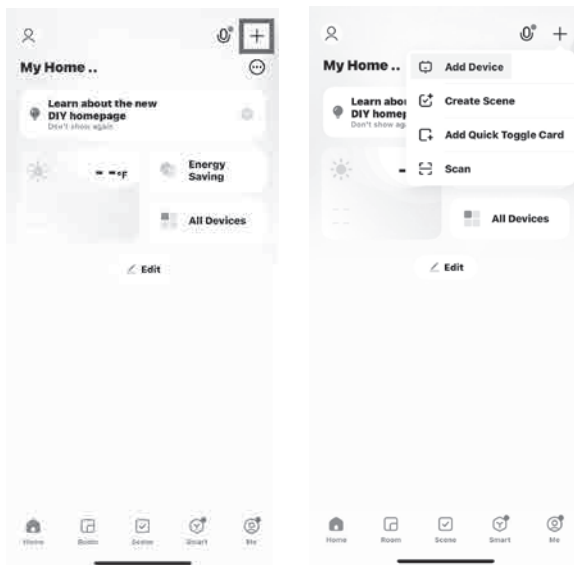
Turn On Controller / Confirm Wi-Fi

Press and hold finger on bottom left of controller to turn on.

Press and hold the **FINSAUNA** logo to activate the Wi-Fi screen.

Select "OK" to configure Wi-Fi.

6: Add Device



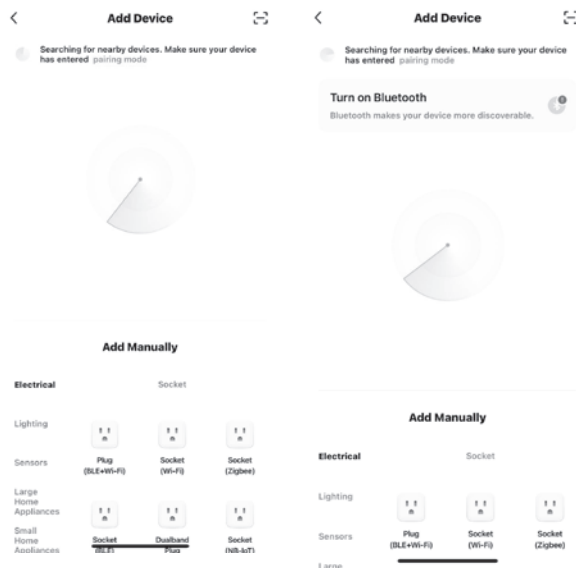
Add Device

Select the "+" symbol on the top right of the screen.

Select "Add Device" on the call out window.

WiFi Operation

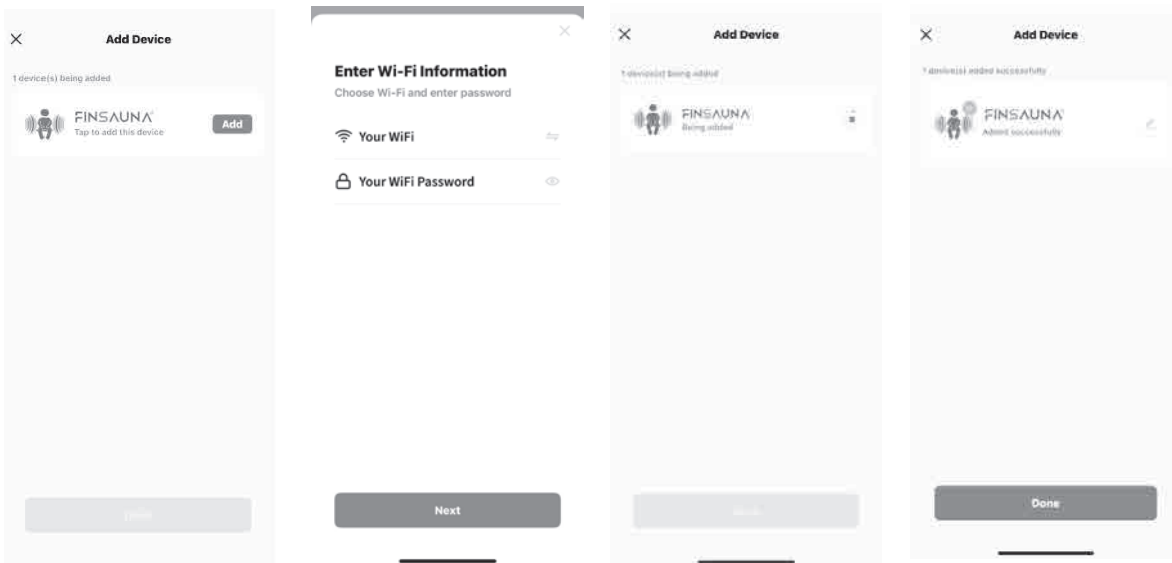
7: Add Device / Bluetooth



Add Device / Bluetooth
 You must have BLUETOOTH turned ON with your device.



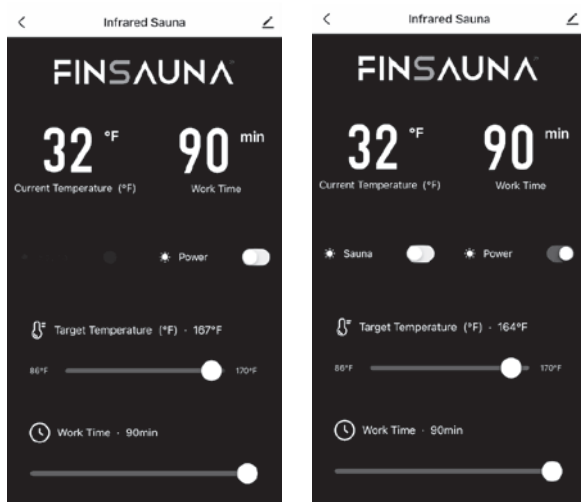
8: Add Device



Add Device
 Select "Add".
 Enter your Wi-Fi name and Wi-Fi password.
 Select "Next" button.
 The FINSAUNA App will begin to download.
 Download time depends on current internet speed.
 Select "Done" when App is finished downloading.

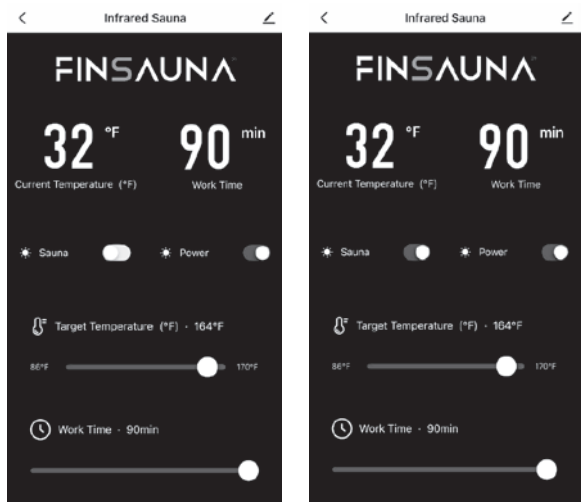
WIFI Operation

9: Turn On Controller



Turn On Controller
Select "Power" to turn on the controller within the sauna.
NOTE: This only turns on the controller, not sauna's heaters.

10: Turn On Sauna Heaters



Turn On Sauna Heaters
Select "Sauna" to turn on the sauna's Heaters

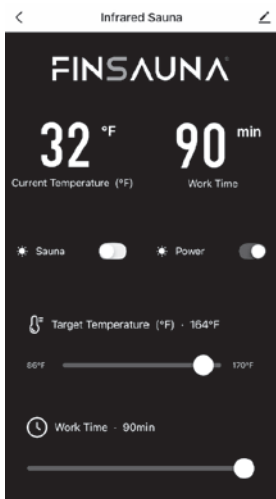
WIFI Operation

11: Set Target Temperature



Set Target Temperature
Use slider to set max temperature

12: Set Work Time



Set Work Time
Use slider to set max time for sauna session.

WIFI Operation

11: Set Target Temperature



Set Target Temperature
Use slider to set max temperature

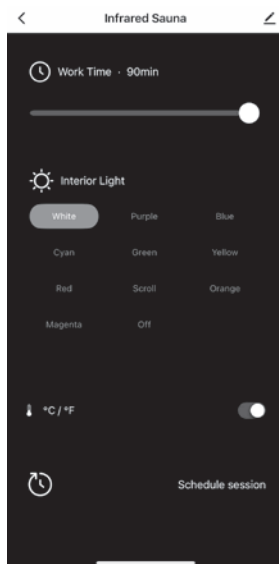
12: Set Work Time



Set Work Time
Use slider to set max time for sauna session.

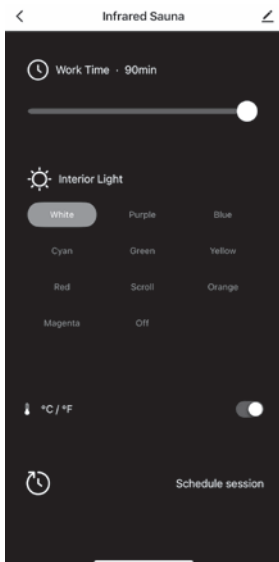
WiFi Operation

13: Lighting



Lighting Control
Select the color by pressing the desired button.
Select "Off" to turn sauna lighting off.

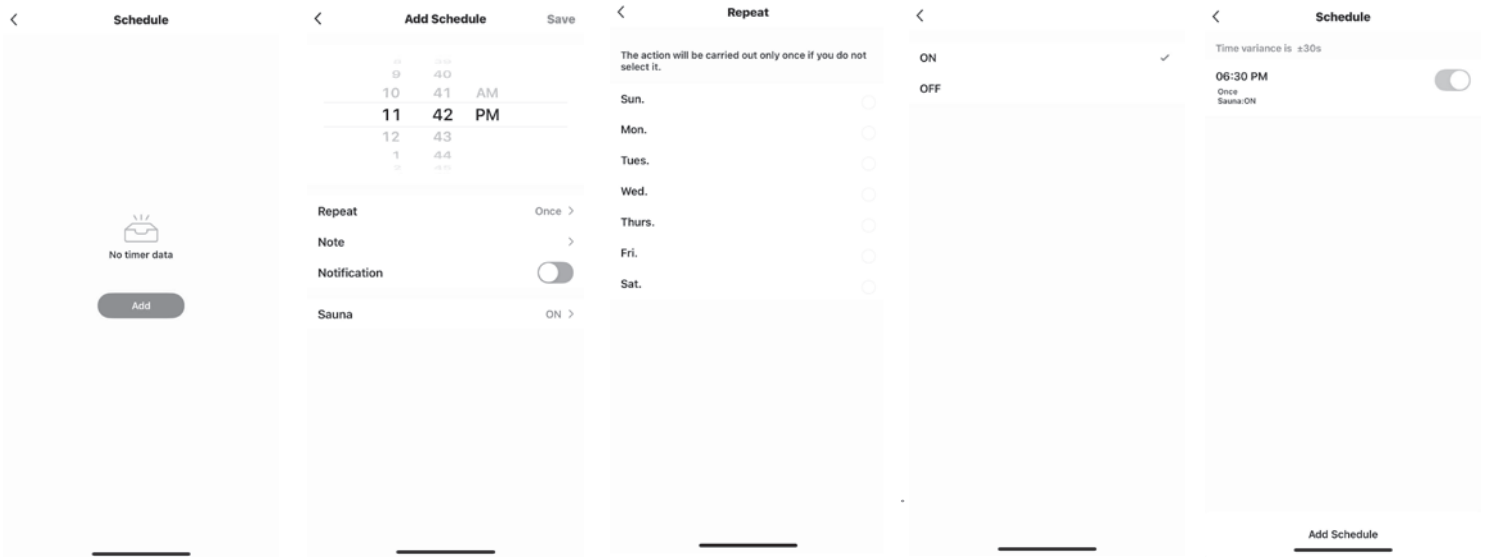
14: Set Sauna to Celsius or Fahrenheit



Set Sauna to Celsius or Fahrenheit
Toggle button to select desired temperature classification.

WiFi Operation

15: Scheduling Sauna Sessions



Schedule
 Select "Add" to schedule sauna session.

Add Schedule
 Select time you would like the sauna to turn on or off.

 Current timezone is automatically applied. If timezone is not correct, create an account with Smart Life to add current sauna location.

Repeat Schedule
 Select days you would like to repeat the schedule made.

 For single use, do not select repeat form the scheduling menu.

On / Off
 Select if you want the sauna to turn on or off for desired schedule.

 The sauna has a built in timer of 90 minutes. Set the schedule to off if your session will be less than 90 minutes.

Schedule Variants
 You can set multiple schedules and toggle them to be on or off.

Helpful Tips

Your FINSAUNA Radia is equipped with advanced infrared heaters. Infrared heat waves reach the body directly without having to heat the air inside the sauna.

With this system, breathing is more comfortable and the atmosphere inside the sauna is more enjoyable than in conventional saunas. Because the infrared heat energy is warming the body directly (and not the air, walls, and fixtures within the sauna), lower temperature settings can be used to achieve results in short sessions starting from 20 to 30 minutes.

1: Preparing for Your Infrared Session

- 1. Review all health and safety instructions.** If in doubt as to the advisability of using your infrared sauna, consult with your physician.
 - The interior of the FINSAUNA Infrared Sauna is made of the finest Canadian Hemlock. It is aromatic and enhances 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.
 - Always **drink plenty of water** before, during and after a session. Doing so will replenish fluids lost during perspiration.
 - 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.
 - Choosing to 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 leave stains and might warp the wood.
- 1. Provide at least 2-3 towels.** One towel folded over several times for added cushioning on the bench. Another towel on the floor to absorb extra sweat. And a third towel to wipe off sweat.
 - Start up your sauna and select the desired session temperature and time using the control panel (see page 12).
 - 3. Allow approximately 15 to 20 minutes for the sauna to warm up** to a comfortable temperature before beginning a session (warm up time is subject to the air temperature and is different for each model).

Helpful Tips

2: Setting Session Time and Temperature

Your body will probably need a few weeks to fully adapt to regular use of your FINSAUNA Radia IR Sauna.

Here are some average guidelines to set the time and temperature once you are used to the sessions:

Time:



Noticeable results are usually obtained with sessions of at least 30 minutes. For therapeutic use, sessions of 45 minutes are advised.

Temperature:



Many beginners need to start with a lower temperature and work their way up to a higher temperature. Some studies show therapeutic benefits at 163°. FINSAUNA IR Saunas get to 170°. If perspiration does not start after 10 to 15 minutes, this usually indicates that the temperature is set too low to obtain good results.

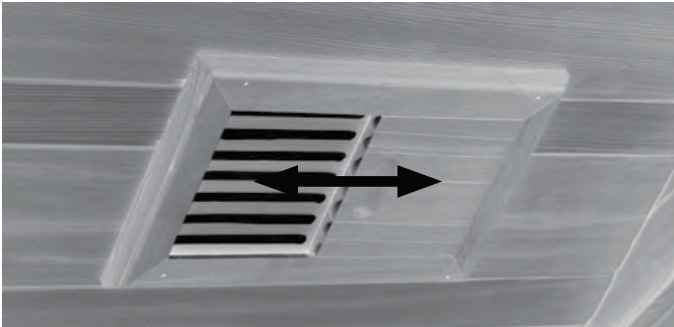
When using your FINSAUNA Radia for the first time:

- Do not do more than three sessions a week during the first four weeks. You can do daily sessions after six weeks, if desired.
- If you do not feel comfortable or relaxed during a session, lower the temperature and/or open the door of the cabin.

Helpful Tips

3: Useful Information and Tips During Your Sauna Session

- Make sure you have a towel on the floor and on the bench of the sauna to absorb perspiration. In order to maintain a clean and pleasant atmosphere inside your sauna, do not leave damp towels on the bench or floor. Remove them immediately after the session is over.
- Be sure to towel off excess sweat during your session to help the body perspire more freely.
- When the temperature reaches the level set on the control panel, the heaters will turn off and on periodically in order to maintain the desired temperature level inside of the sauna.
- The ceiling vent on the top panel can be opened at any time to introduce fresh air into the sauna.
- Do not put any lotions or oils on the body or face prior to using the sauna. This may block the pores and hinder perspiration.
- Essential aromatic oils help create a more tranquil sauna experience.
- To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms, legs etc. To help relieve sore and tense muscles and massage the affected areas while in the sauna. If you wish to achieve a deep heating effect to a specific area, move it closer to a heater.
- To relieve your ankles and feet more effectively, you must elevate them while inside the sauna.
- 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.
- Do not forget to drink plenty of water before, during and after sessions to replenish lost fluids through perspiration.
- After the session is over, do not immediately jump into the shower. Since your body was heated up during the session, it will continue to sweat even after the heaters are off. Sit in the sauna with the door open and let your body cool off. Once you feel comfortable enough, take a warm (or cool) shower to rinse the perspiration off your body.



Safety Precautions

1: General Safety Precautions

- Carefully read all safety and operating instructions before operating your sauna.
- Retain these safety and operating instructions for future reference.
- Do not smoke or light any fire inside your sauna.
- To reduce the risk of injury, do not allow small children to use the sauna unless they are closely supervised at all times.
- Do not use the sauna immediately after hard exercise. Wait at least 30 minutes to allow your body to cool down completely.
- Exercise care when entering or leaving the sauna.
- Never sleep inside the sauna while the unit is in full operation.
- Unplug the sauna from the wall outlet before cleaning. Use a damp cloth for cleaning. Do not use liquid cleaners or aerosol cleansers inside the sauna.
- Do not use this product near water. For example, near a bathtub, in a wet basement, or near a swimming pool.
- Do not use attachments that are not recommended by the manufacturer, as they may cause a hazard.
- The sauna must be placed under an awning or overhang to prevent heavy rain falling directly onto the roof or outdoor cover.
- Do not stack or store any objects on top of or inside the sauna.
- Use precaution when using electronic devices.
- Do not install aftermarket devices.

*These statements have not been evaluated by the Food and Drug Administration. These statements are for informational purposes only and are not intended as a substitute 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.

2: Medical and Health Precautions

- If you intend to use far infrared therapy for medical reasons, please consult your physician prior to using the sauna.
- 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.
- The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
- 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.
- 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.
- At the first sign of a cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses. Consult your physician for the proper treatment and care for this, before you start using your sauna.
- Hyperthermia Danger: Prolonged exposure to hot air may induce hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F. While hyperthermia has many health benefits, it is important not to allow your body's core temperature to rise above 103°F/39.4°C. Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hyperthermia 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.

Safety Precautions

3: Power Safety Precautions

- 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.
- Your sauna is intended for use with a 3-wire properly grounded power socket. Do not defeat the safety purpose of the supplied line cord and plug.
- This product should be operated only from the type of power source indicated on the marking label. If you are not sure of the type of power supplied to your home, consult your local power company or electrician.
- Power supply cords should be routed so they are not likely to be walked on or pinched by items placed upon or against them.
- For added protection during a thunderstorm, or when it is left unattended and unused for long periods of time, unplug it from the wall outlet.
- Do not overload wall outlets and extension cords as this can result in a risk of fire or electrical shock.
- Always unplug this product from the wall outlet before servicing the product.
- Do not remove power supply covers. No user-serviceable parts are located inside the power supply.
- We strongly recommend the use of a GROUND FAULT CIRCUIT INTERRUPTER (GFCI) device in any potentially wet locations.

4: Warranty Precautions

- When replacement parts are required, be sure to use replacement parts specified by the manufacturer or have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electrical shock or other hazards and will void the manufacturer's warranty.
- If the power supply cord becomes damaged, it must immediately be replaced by the manufacturer or its agent or a similarly qualified person to avoid hazard.
- Altering or tampering any electrical connections on the power supply will void the manufacturer's warranty.
- Do not attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void the manufacturer's warranty.
- Your FINSAUNA Radia is made of the finest Canadian Hemlock. All natural wood products have variations in the color, the grain, and irregularities, such as knots and fine cracks. These characteristics are part of the natural beauty of the wood and in no way should be considered defective.
- Upon completion of any service or repairs to this product by a service technician, ask the service technician to perform safety checks to determine that the product is in proper operating condition.

Troubleshooting Guide

| Issue / Question | Answer |
|--|---|
| Control panel is beeping and showing an error message. | <ul style="list-style-type: none"> The temperature sensor inside your control panel housing has been disconnected. Remove control panel and confirm the two pin connection is securely fastened. |
| There is no heat coming from my heaters. | <ul style="list-style-type: none"> First, check the white Molex connection inside the sauna. It's located at the top left of the sauna if you're sitting on the bench. You want to make sure that it is plugged in correctly. Check heater power cable connections on the power supply. |
| All other Sound System problems: | <ul style="list-style-type: none"> Unplug the sauna, wait 10 minutes, then plug back in. |
| What are the electrical requirements for my new sauna? | <ul style="list-style-type: none"> FINSAUNA RADIA IR 200 = 14.5a 120v 1750W |
| My new sauna is completely dead. | <ul style="list-style-type: none"> Make sure the power cord is plugged into the sauna power supply and the other end is plugged into the wall socket. Try pressing breaker button on the sauna power supply. Unplug the sauna and plug something else, such as a lamp or radio, into the wall socket to verify there is power to that socket. If there is no power, check the house circuit breaker for that line. |

Troubleshooting Guide

| Issue / Question | Answer |
|---|--|
| <p>The controller display is faint or does not display correctly in some other way.</p> | <ul style="list-style-type: none"> • Try unplugging the sauna for about 5 minutes, then plug it back in. This should correct any display problems. |
| <p>The sound system works, but nothing lights up on the controller display. I unplugged the sauna for 5 minutes but it didn't help.</p> | <ul style="list-style-type: none"> • Check to see that the data cable is plugged in at both ends- the round metal connector plugs into the "DATA" port on the power supply. |
| <p>The sound system doesn't turn on.</p> | <ul style="list-style-type: none"> • If the problem persists, please contact customer service. |

Troubleshooting Guide

| Issue / Question | Answer |
|---|---|
| Wrong A.C. Power cord | <ul style="list-style-type: none"> • Please confirm you are using the correct outlet to power your sauna. |
| House circuit breaker is tripping. | <ul style="list-style-type: none"> • Check that the amperage of the breaker corresponds with the amperage rating of your sauna. Make sure that the circuit is not overloaded by having too many appliances on one circuit. Please contact a local electrician. |
| Where is the serial number on my new sauna? | <ul style="list-style-type: none"> • Look for a manufacturer’s label under the seat. |

Error Codes:

EO: Temperature Sensor Disconnected. Reset sauna. Unplug and plug back in. Call customer support if needed.

E1: Short circuit. Check all connections.

HH: Inside Sauna Temperature is over the limit (170°F/76°C).

HH error will be resolved automatically. During HH error, your sauna will automatically shut down and begin a cool-down period.

Warranty

FINSAUNA SAUNA LIMITED WARRANTY

Finsauna extends this Limited Warranty solely to the original retail consumer purchaser of Finsauna products purchased from one of its authorized resellers.

LIMITED SAUNA WARRANTY

Finsauna warrants that its products shall be free from defects in workmanship under normal conditions of use and service for two years for residential applications after delivery to the original retail purchaser. This warranty is limited to making good any factory assembled component which in the judgment of Finsauna is deemed defective in workmanship. The warranty does not cover normal material wear, abuse, natural weathering of the lumber, or installation or delivery of components and applies only to the original retail purchaser.

WARRANTY PERFORMANCE

For any warranty service, Finsauna reserves the right to choose, at its option, repair of the problem or a replacement of the defective part. Finsauna reserves the right to substitute a part or component of equivalent value, either new or factory reconditioned, and any such repair or replacement shall assume as its warranty only the remaining portion of the warranty on the original product. In the event Finsauna chooses to repair any malfunction or defect covered by this warranty, a return authorization will be issued, and the component will be returned prepaid freight to Finsauna for repair of the defect. Finsauna will then ship the component back to the original retail purchaser upon completion of the repair. Prior to any return, contact Finsauna at: Finsauna, 511 Glenn Avenue, Wheeling, Illinois 60090, telephone number: (800) 957-2862, for packaging and shipping instructions and a return authorization number. In addition, Finsauna will require photographs of any defect and reserves the right to inspect or designate an agent to inspect any part that is claimed to be defective and covered by this warranty. Labor charges and related expenses for removal, installation, or replacement of the product or component are not covered under this warranty. Normal wear and tear, cosmetic issues or changes to individual pieces of lumber due to natural aging and weathering are not covered.

ACTS INVALIDATING WARRANTY

This warranty is void if the Finsauna product has been subject to alteration, misuse or abuse, commercial use, or if any repairs on the sauna are attempted by anyone other than an authorized representative of Finsauna. Alteration shall include, but is not limited to, deviation from the original assembly instructions, component change, or the addition of any non-approved device or heating system, which contributes to a component or unit failure, or unsafe operating system. Use of equipment in an application for which it is not designed will void this warranty. This includes, but is not limited to, damage caused by operation above safe operating temperatures, damage caused by added components, damage caused by harsh chemicals, damage caused by movement of the product, and damage caused by acts of God.

Warranty

DISCLAIMERS

The Warranty does not cover naturally occurring and expected characteristics of wood materials (differences in wood grain, knots, slight variations in tone) and phenomena that occur naturally during use of the Product (shrinkage and expansion due to temperature and humidity, moderate deformation) and the visual disturbances they may cause, nor defects (including transport damage) that would have been detectable by visual inspection prior to installation of the Product. Except as expressly provided above, Finsauna makes no other representation or warranty, express or implied, either in fact or operation of law, statute, or otherwise, and Finsauna specifically disclaims any and all implied or statutory warranties, including warranties or merchantability and of fitness for a particular purpose. Finsauna shall not be liable for loss of use of the Finsauna product or other incidental or consequential costs, expenses, or damage, which may include but are not limited to, the removal of or re-installation of a wall, deck or other fixture, water leakage, costs of shipping or packaging, applicable taxes, or the payment of any costs or expenses of disassembly, removal, or re-installation of the product or any part. Your rights may vary from state to state. Under no circumstances shall Finsauna or its representatives be held liable for injury to any person or damage to any property, however arising, even if caused by the Finsauna Sauna or its representatives' negligence. No distributor, salesperson, dealer, retailer, or other representative of Finsauna has the authority to alter or change these warranties either orally or in writing.

FINSAUNA®

**Feel free to contact us at
techsupport@worldsaunagroup.com
with any questions and we will provide
further assistance**

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