

# Installation and Operation Instructions

Read all instructions carefully before using the wooden infrared sauna room

## IG 830 BH / LH



This Product is covered by:  
US Patents No. 8,692,168  
Canadian Patents No. 2,729,500  
2,794,059 & 2,813,340  
and other Patents Pending.

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**Precautions before Use: Warning (Room Configuration & Use):**

- Proper Electrical Grounding is Required
- Electrical Receptacles not Allowed in the Room
- Do not Apply Water to any Heating Element
- Do not Add a Locking or Latching System to the Door
- Do not Block Ventilation Openings
- Children Must be Supervised at all Times in the Sauna

**Electrical Caution – Do not plug the room power cord into an electrical outlet until Room Assembly is completed!**

**a. Warning (Human Limitations):**

Prolonged Exposure at Elevated Temperatures May Cause Hyperthermia (Body Temperature is Several Degrees Above 98.6F)

Hyperthermia Symptoms include: Dizziness, Lethargy, Drowsiness, and Fainting

Hyperthermia Effects:

- Failure to Recognize the Need to Exit the IR Room
- Fetal Damage in Pregnant Women
- Physical Inability to Exit the Room
- Loss of Consciousness

Notice - Use of Alcohol or Drugs Increases the Risk of Fatal Hyperthermia

If You Have any Health Problems or Health Conditions, Consult Your Physician Prior to Sauna Use, Discontinue Use if Nervousness, Tremor, Headache, Feeling of Sickness or Nausea Occurs

**b. Warning (Fire Hazards):**

Do Not Use the Sauna Room for Drying Cloths, Bathing Suits, Etc.

Do Not Hang Towels or Other Objects on Heater Grills

Never Operate this Sauna Room if it Has a Damaged Cord or Plug

**Pre-assembly Information:**

a. Two (2) adults are required for the assembly and installation of the room

b. Assembly Tools: Phillips Screw Driver

c. Boxes are labeled in the order of room assembly

**Box #1:** Floor, Ceiling, Bench Skirt, Bench, Fan Assembly,  
4 Phillips screws for Wood Magazine Rack

**Box #2:** Back & Front Walls  
Wood Magazine Rack

**Box #3:** Left & Right Walls

**Electrical Requirements:** The IR Sauna Room is designed for a 120 Volt AC / 20 Amp Circuit Breaker!  
**A 120 Volt AC (dedicated) circuit is recommended to avoid unnecessary tripping of the breaker.**

The Sauna should be plugged into a NEMA (5-20R)  
Amp electrical outlet.

IG 810BH	15 Amp
IG 820BH	15 Amp
IG 830BH	20 Amp
IG 840BH	20 Amp
IG 870BH	15 Amp
IG 880BH	20 Amp



5-20R



Box label will indicate the *model* of the room and the room *serial number*, the label will also give you the box number and the internal contents. *(Note photo of labels above are samples only.)*

Record your model number and serial number from box in the event you should need to contact your dealer or technical support.

**Serial Number** \_\_\_\_\_

**Model Number** \_\_\_\_\_

**Dealer Name** \_\_\_\_\_

## Sauna Assembly Instructions

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**Floor Panel (Box #1):** Locate the Floor Panel on a level surface (3-6) inches from wall and no more than (5 ft) from 120 Volt AC / 15 amp dedicated receptacle.

Position the Floor panel so that the Ceramic tiles / IR Floor Heaters are to the front of the room

*Note store Ceiling, Bench Skirt and Bench until the appropriate steps.*



**Note – Do NOT Plug the Sauna Room 120 VAC Power Cord into the Outlet Yet!**

*Note: place the power cord on the ground to the side of the floor; be sure that all wires and connectors on the sauna floor are clear of the slots.*

**Back Wall (Box #3):**

- Place Back Wall section into the back slot of the Floor Panel
- Back Wall section must be held in place while Left Wall section is added

*Note – Store Front Wall section until “Front Wall Section” step*



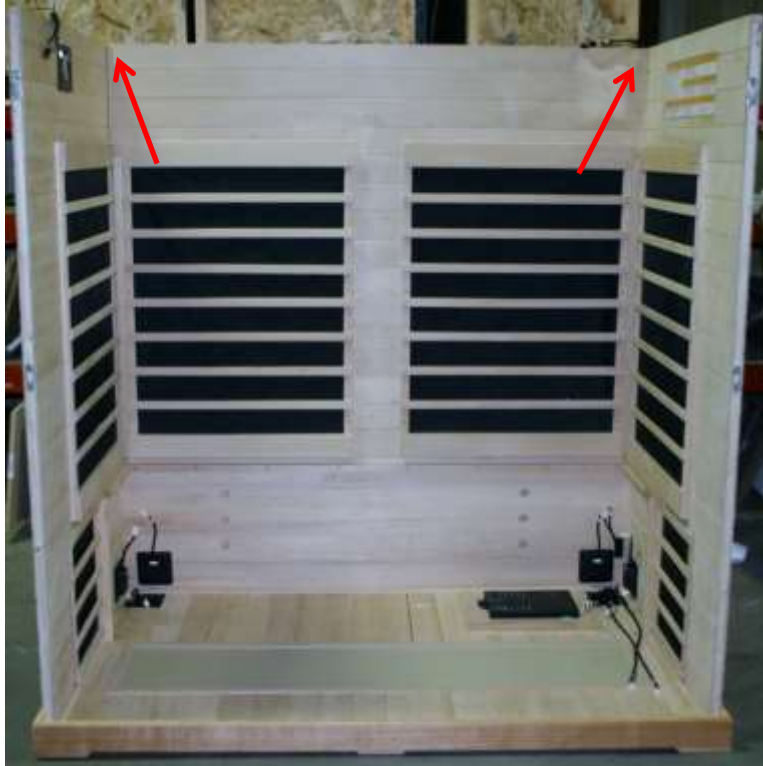
**Left Wall (Box #2):**

- Place Left Wall section into the right slot of the Floor Panel
- Attach Back Wall to the Left Wall by lifting up the Left wall sliding into back wall bracket.



### Right Wall (Box #2):

- Place Right Wall section into the left slot of the Floor Panel
- Attach the Back Wall to the Right Wall by lifting up the Right wall sliding into back wall bracket.



*Note: When wall panels are connected in place properly the corners will be flat on top, notice the illustration above right. The right wall is incorrect; the left wall is the correct installation.*

### Bench Skirt (Box #1):

- Insert the Bench Skirt in between the Right Wall and the Left Wall sections
- Slide Bench Skirt all the way to the floor. Do not pinch any wires under the skirt.
- Latch the buckles securing the floor to the Bench Skirt. **Do not** latch the buckles for the left and right wall panel at this time.





**Bench (Box #1):**

- Slide the Bench seat down against the back wall with Power Junction Box facing you.
- Tilt the Bench against the Back Wall so it will remain standing.



**Electrical Connections (under bench - right side):**

- Connect wire #4 from distribution plate to #4 from Back Wall harness.
- Connect wire #5 from the distribution plate to #5 from the Back Wall harness.



- Connect wire R1 from the distribution plate to R1 from the Right Wall junction box.



- Connect wire S3 from the distribution plate to S3 from the Bench Skirt.
- Connect wire S1 from the distribution plate to the Bench Top wire S1.
- Connect wire #6 from the Back Wall harness to the Bench Top wire #6.



**Electrical Connections (under bench - left side):**

- Connect wire L1 from the distribution plate to L1 from the Left Wall panel.
- Connect wire B1 from the distribution plate to B1 from the Back Wall panel.



- View of the finished connections.



- Locate the electrical switch on the black Master Control Box and ensure the switch is on.



- Use the buckles to latch the skirt to the left and right side walls.



- Bench top can now be fit into place. Bench must tuck under the back heater guard and then push all the way to the back wall.
- The Bench Top should fit down flush from front to back. It may be necessary to use the openings on the bench skirt to apply either forward or backward on the skirt to allow bench to drop into place.





**Front Wall (Box #2):**

- Place the Front Wall into the Floor section slot ( shown below 2 person Sauna Front Wall)
- Attach the Front Wall to the Right and Left Walls by lifting up the Front wall and then sliding down into both the Right and Left wall brackets.

***Note – All wall sections will now be attached together and secure.***



- The Front Wall panel should now be held tightly in place by the corner interlock brackets from the front wall. The top of all of the walls should be level and flush as shown below.



### Ceiling (Box #1):

- Install the 4 large Styrofoam packing squares on top of the Right & Left Wall panels. One block should be placed in the front portion and one toward the rear portion of each wall. These will be used to set the ceiling on.
- Lift the Ceiling and gently place onto the Styrofoam blocks.



- Once the Ceiling panel is lined up directly above the Wall panels; insert the wires harnesses from the wall panels into the holes in the Ceiling panel.



### Electrical Connections (inside the Ceiling panel-back right corner):

- Open all hatch doors on the ceiling to locate the necessary electrical plugs.
- Access the connectors and connect them according to the labels on the harness.
- Connect wire #5 from the Back Wall harness to the Ceiling wire #5.
- Connect wire #6 from the Back Wall harness to the Ceiling wire #6.



### Electrical Connections (inside Ceiling-Left front corner)

(Not Pictured):

- Connect Left Wall wire #C to the Ceiling wire #C.

### Electrical Connections (inside Ceiling-Left side):

- Connect Left Wall wire E to Ceiling wire E.
- Connect Left Wall wire F to Ceiling wire F.
- Connect Left Wall wire #3 to Ceiling wire #3.
- Refer to picture below; remove the radio antenna from the Ceiling hatch by pulling out wire.
- Spread blue antenna wires and lay across the roof of the sauna.



### Sauna Room 120 Volt AC Power Cord:

- Plug the Sauna room power cord into the 20 amp / 5-20R wall receptacle as noted in page 2.

*Note: It is important that the sauna be plugged into a dedicated outlet of the correct rating. Plugging your sauna into a shared circuit through can cause poor performance, circuit breaker tripping, or overheating of the circuit.*



### Wood Magazine Rack – 2 Person IR Sauna Only:

Wood Magazine Rack is packed in Box 2

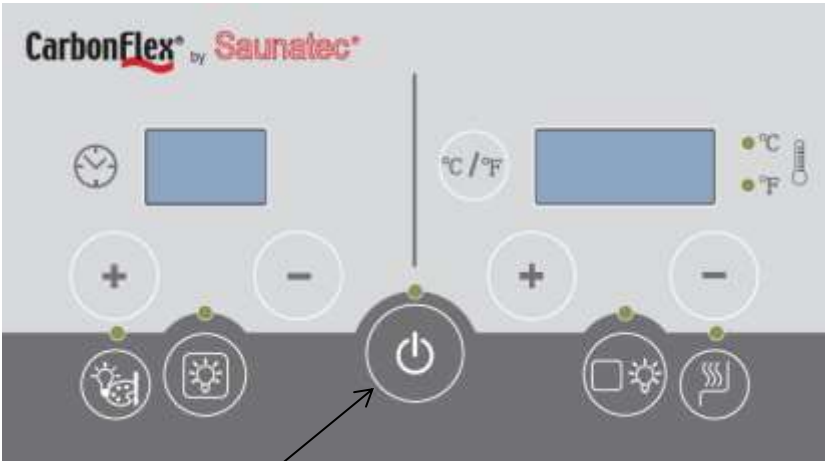
Wood screws are packed in Box 1.

Attach Wood Magazine Rack with 4 Phillips screws and Phillips Screwdriver to the interior front wall lower right corner.

**The Sauna Rooms is now ready to use!**

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## Control Panel Instructions:



### Main Power:

Press **POWER** to switch room **ON** or **OFF**

### Timer Functions:

Press and hold **+** or **-** to set room operating time.

Increases time (5 minute increments) / Decreases time (5 minute increments)

### Temperature Functions:

Press to alternate between either **C** or **F** (C or F will light to indicate the units desired)

Press and hold **+** or **-** to set desired room temperature setting.

Pressing once will increase or decrease the desired setting in one-degree increments.

Once the desired room temperature is set, the desired temperature will flash three (3) times

After the fourth (4th) flash, the actual room temperature will remain displayed.

Press to turn **Bench Heat ON** or **OFF**

**Light Functions:** Note – All Lights will operate with main power selection ON or OFF.

Press “Inside Light” to turn **ON** or **OFF**

Press “Outside Light” to turn **ON** or **OFF**

### Color Therapy Functions:

Press “Color Therapy Light” to activate a color light or sequence. The following details this sequence:

1st press – RED

2nd press – RED-GREEN

3rd press – GREEN

4th press – BLUE-GREEN

5th press – BLUE

6th press – BLUE-RED

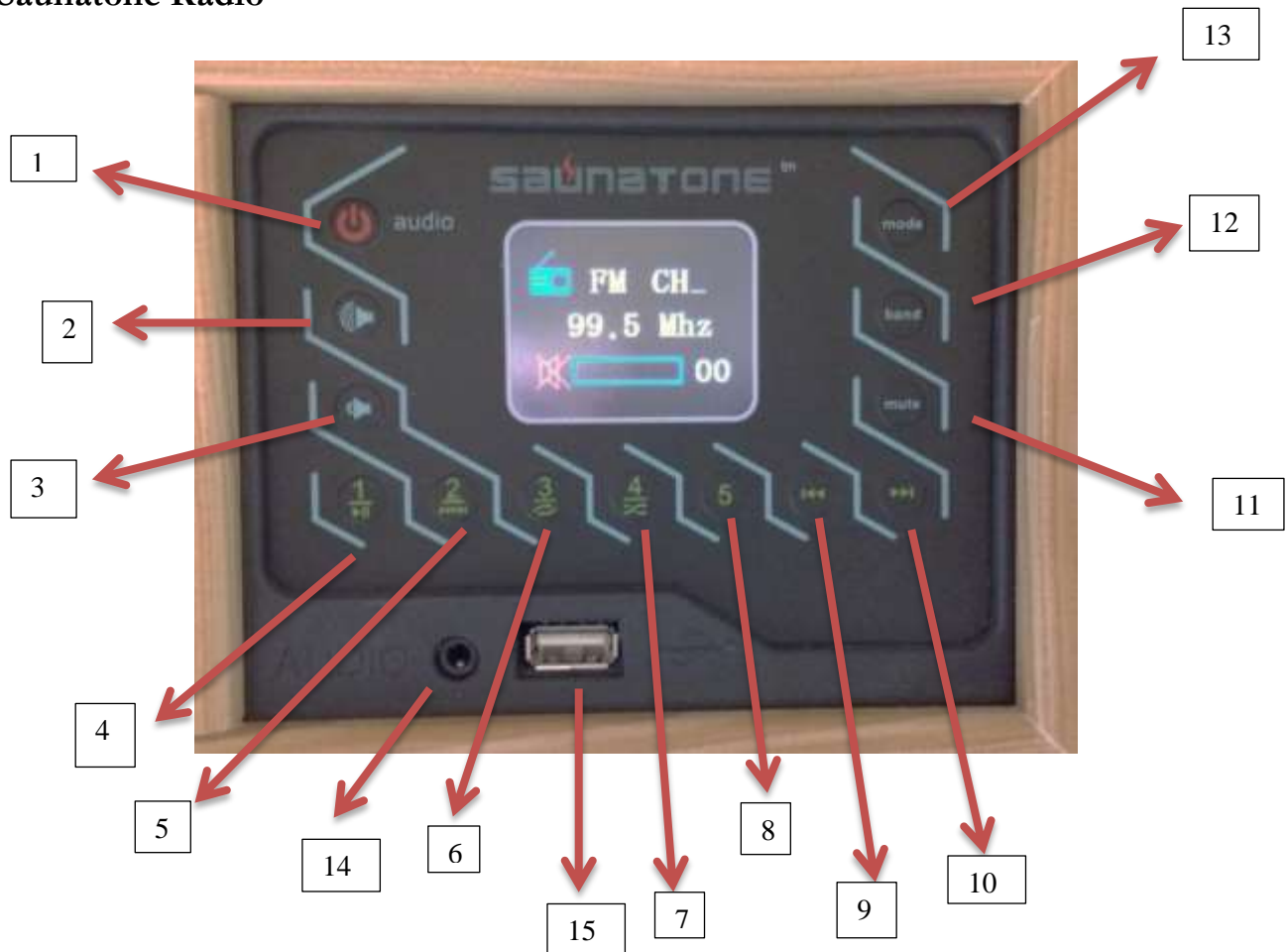
7th press – BLUE-RED-GREEN

8th press – Activates full rotation of all 7 color therapy in sequence noted above

9th press – Turns Color Therapy Functions OFF



## Saunatone Radio



1. Power ON/OFF
2. Volume up
3. Volume down
4. Preset 1 or play and pause
5. Preset 2 or fast forward
6. Preset 3 or repeat
7. Preset 4 or shuffle
8. Preset 5
9. Skip backward & seek backwards
10. Skip forward & seek forward
11. Mute
12. Band
13. Mode (changes to and from Aux, USB & to FM Tuner)
14. 3.5mm Audio Input
15. USB Audio Input

## RADIO OPERATION

### Power On

- Press ON/OFF Button (Button 1) to turn on or turn off radio
- Press Mode to select audio source (Auxiliary, USB or FM Radio)

### FM Radio

- Press Mode button to choose FM
- Press 1-5 buttons to access preprogrammed stations
- Searching for Stations
  - Band selects how strong of channels to find during channel search
    - LVL – selects the weakest channels (recommended)
    - MVL – select medium strength channels
    - HVL – selects the strongest channels
  - Press the seek button (button 9 or 10) to seek lower or higher stations.
  - Press the same seek button to stop on the desired channel
- Programming Stations
  - Tune radio to desired station
  - Press and hold button 1-5 for 3 seconds to save the station in the pre-set location

### Auxiliary Input

- Press Mode button to choose Aux
- Connect audio source into the 3.5 mm jack
- Start music from audio source

### USB Input and Selecting Tracks

- Press Mode button to choose USB
- Insert a flash drive into USB port
- Music will start automatically once the USB input recognizes the file format.
- Press the reverse search button (button 9) to repeat the same track of music.
- Press the forward search button (button 10) to advance to next track of music.

**NOTE:** USB Input will not recognize a smart phone, will not play music from a phone, or charge a phone.

**WARNING** Apple will not warranty your Apple product if used at operating temperatures of 32°F or below and 95°F and above. The recommended operating temperature is 32°F to 95°F to fall into the warranty. Check with any other device manufactures for operation temperatures before using the device in the Sauna/IR Room.

**How to Use Infrared Sauna:**

Avoid eating large meals and excessive alcohol intake before using Sauna.

Never smoke or drink alcohol or exercise inside of Sauna.

If you are taking any medication, or under the care of a Physician care, always consult your Physician prior to Sauna usage. Refer to Sauna Usage Warning signs located inside of Sauna Room

Prior to Sauna session, if possible, take a warm shower without drying.

Clothing is optional or wear loose fitting clothes. You may choose to sit or lie on a clean soft towel.

Set desired time & temperature. Control pad is located outside and inside of Sauna.

Enter Sauna and relax, you may choose to enjoy music with the Sauna Radio / MP3 Player.

Refer to the above Color Therapy System instructions.

Sit or lie on bench. Close the door and open the interior ceiling vent allowing for fresh air circulation.

Remain in the Sauna long enough to warm up and stimulate a mild perspiration. Typically that may occur in 10 – 15 minutes. This varies with every individual and their comfort level. Do not overdo it!

Drink plenty of cool water or a refreshing healthy drink while using the sauna.

Leave the Sauna and cool down. Shower or bathe if possible to cool down and cleanse the skin.

Cool down period usually is the same length of time as the Sauna session.

Then reenter the Sauna for another 10-15 minute session.

Continue this process of alternating using the Sauna and Cooling Down for 3 to 4 cycles.

Length of time in the Sauna and cool off period varies and depends on the individual.

After final Sauna session and upon leaving the Sauna, turn the Sauna off.

Open the door and clean the Sauna walls, bench and floor areas with a soft clean damp cloth.

Enjoy a final shower or bath to cool down. Relax in the special “after sauna glow”! You may also choose to enjoy a healthy snack and cool drink.

## Additional Usage Warnings Located Inside Sauna Room



### Maintenance / General Cleaning Tips:

DO NOT USE: Alcohol or any strong Cleaning Chemicals

Note – Some chemicals can damage clear finish and wood surfaces.

Interior: Perspiration and dirt may absorb into the wood, so periodic cleaning is needed. Scrubbing benches, back supports, floor boards and walls with a stiff brush and mild detergent is normally sufficient. Light sanding is another option for cleaning interior surfaces.

Exterior: Use a damp cloth of a mild soap mixed with warm water.

### Trouble Shooting Tips:

#### a. Main Control Touch Pad Lights Not Lit:

- Ensure electrical connections between ceiling and back wall and the ceiling and front wall
- Ensure power cord is plugged in to the proper power receptacle and dedicated circuit breaker
- Ensure main circuit breaker (house) is not tripped (power is found at the receptacle)
- Ensure the room main controller circuit breaker (under the bench) is not tripped and is ON

#### b. Room not heating:

- Ensure power cord is plugged in to the power receptacle
- Ensure all junction boxes are properly connected under the bench and in the ceiling.
- Ensure main circuit breaker (house) is not tripped (power is found at the receptacle)
- Ensure the room main controller circuit breaker (under the bench) is ON
- Ensure room desired temperature is greater than room actual temperature (controller demands heat)

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For additional assistance or service questions?

Please do not hesitate contacting Saunatec/TyloHelo

Mon – Fri. 8AM – 5PM CST

1-888-780-4427

[techsupport@tylohelo.com](mailto:techsupport@tylohelo.com)



Saunatec warrants our Premium Line of Infrared Saunas (warranted products) against malfunction or defects in materials or workmanship for the period of time and in accordance with the conditions set forth below:

1. **Applicability.** This warranty applies when the warranted product (a) is installed in accordance with installation instructions provided, (b) is properly and reasonably maintained, and (c) has not been subjected to damage, misuse, or abuse, and (d) is for residential use only.

2. **Registration.** This warranty becomes valid only after the Limited Warranty Registration form, provided with this warranty, is completely filled in and signed by the original purchaser and mailed to SAUNATEC within sixty (60) days from the date of original installation. This warranty is non-transferable and shall extend only to the original purchaser.

3. **Duration of Warranty.** SAUNATEC or its authorized representative will provide parts to replace those with manufacturing or workmanship defects for a period of five (5) years from the date of original purchase, except when the warranted product is installed in commercial locations such as clubs, condominiums, apartments, spas or military facilities. In commercial locations, SAUNATEC or its authorized representative will provide parts to replace those with manufacturing or workmanship defects for a period of one (1) year from the date of original purchase for all components.

*Other electrical components are covered separately in the warranty (see other sections).*

**Lifetime limited warranty on the CarbonFlex™ emitters for Residential Use:** SAUNATEC or its authorized representative will provide parts to replace manufacturing or workmanship defects for the lifetime of the product from the date of purchase, including freight for the first five years. For the period beyond five (5) years, customer pays the freight. Warranty item may have to be inspected at the factory first before final approval.

**One Year Audio/Visual Warranty:** SAUNATEC or its authorized representative will provide parts to replace manufacturing or workmanship defects for a period of one year from the date of purchase.

**Limited Lifetime Infrared Sauna Room, Wood Components Warranty:** SAUNATEC will provide parts to replace those with manufacturing or workmanship defects for the lifetime of the product. Since the wood used in saunas has been kiln dried, a certain amount of expansion and contraction occurs in the wood in a sauna environment. This may result in minor cracks, which is considered normal and not covered under any warranty.

**Labor Warranty:** Additionally, for non-commercial locations in the United States SAUNATEC or its authorized representative will provide

reasonable labor to replace defective parts for a period of two (2) years from the date of original purchase and three (3) additional years if the product is returned to the factory.

4. **Warranty Work.** All warranty work must be (a) authorized by SAUNATEC before it is performed; and (b) performed only by authorized SAUNATEC representatives. This warranty shall not apply to any charges for parts or labor incurred before receiving approval by SAUNATEC.

5. **Return Authorization Number.** A return authorization number assigned by a SAUNATEC representative must accompany all returned parts. Parts, which are returned without a return authorization number, may not be repaired or replaced.

6. **Procedure.** Requests for repair or replacement, a return authorization number, or warranty information should be directed to SAUNATEC by calling toll-free 1-888-780-4427 or by writing to SAUNATEC, 575 EAST COKATO STREET, COKATO, MN, 55321. Defective product or parts returned for repair or replacement must be shipped prepaid to SAUNATEC at the above address. Shipping costs for return of replacement product or parts to the purchaser will be at the expense of the purchaser.

7. **Limitations, Exclusions, and Remedies.** There are no warranties, which extend beyond the descriptions of the face hereof. This limited warranty is in lieu of all warranties, expressed or implied, and of all other obligations or liabilities on the part of SAUNATEC. There shall be no implied warranty of merchantability. SAUNATEC neither assumes nor authorizes any person to assume for it any other obligation or liability in connection with the sale of its products.

Damages for breach of this warranty shall not exceed the lesser of the cost of repair or replacement. Repair or replacement shall be the exclusive remedy available to the purchaser.

Under no circumstances shall SAUNATEC be liable by virtue of this warranty or otherwise for any special, indirect, secondary, incidental, or consequential damage of any nature to any person or property arising directly or indirectly out of the use or inability to use a warranted product.

Some States do not allow limitations on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitations and exclusions may not apply to you.

8. **Disputes.** Any lawsuit alleging breach of this limited warranty shall be commenced within one year from the date of breach.

This warranty gives you specific legal rights, and you may also have other rights, which vary from State to State.



### LIMITED WARRANTY REGISTRATION FORM

Please fill out and return within 60 days of installation to: SAUNATEC, 575 EAST COKATO STREET, COKATO, MN 55321

The undersigned hereby acknowledges the receipt of SAUNATEC Limited Warranty and affirms that the date of purchase was \_\_\_\_\_ 20\_\_\_\_, further that installation of the equipment has been completed according to the SAUNATEC installation instructions furnished with the equipment and that I have read, understand and agree to the condition and terms of the SAUNATEC Limited Warranty in its entirety.

Name of Purchaser \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Model No. \_\_\_\_\_

City \_\_\_\_\_ St. \_\_\_\_\_ Zip \_\_\_\_\_ Serial No. \_\_\_\_\_

Purchaser's Signature \_\_\_\_\_

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