

West Coast



SAUNAS

How to Use Instructions



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1-800-975-6180 ext 2*

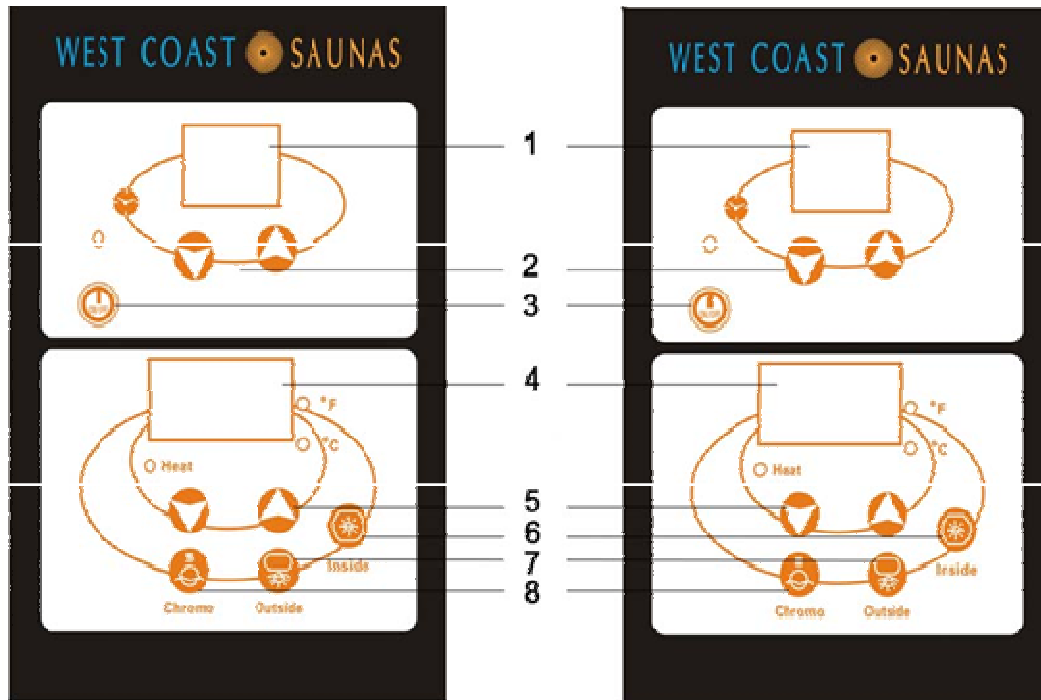
Precautions

1. Please consult your physician if you are taking medications
2. Please do not use sauna if under the influence of alcohol or drugs
3. Do not use sauna if you are pregnant
4. Do not allow animals inside sauna room
5. Minor children should be supervised in order to prevent injury
6. Do not use sauna for drying clothes, bathing suits etc.
7. Do not expose heaters to moisture
8. Do not use sauna for any other purpose than originally designed and intended
- 9. Do not use sauna for more than 1 1/2 hour per session. Please shut down sauna for at least 30 minutes prior to next session.**

West Coast Saunas and its associates do not provide medical guidance. Consult a doctor for medical advice. All of the information contained in this catalogue is for information purposes only. We reserve the right to change, without notice, anything contained within the catalogue. West Coast Saunas shall not be held responsible for printing variations. Color variations may occur. Some models are shown with optional features.

West Coast Saunas and any of its subsidiaries and/or associates shall not be held responsible for any misuse of the sauna by the customer. West Coast Saunas shall not be held liable for any damage and/or injury caused by customer misuse of product.

Operational Instructions



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On/Off Button

Press the on/off button to turn on sauna. Please note that the sauna power must be on in order for the CD player to operate. Also note that the O2 ionizer, and LCD display operates independent of main on/off button.

1-2

Time Display and Setting

You can set your sauna from 0-60 minutes by pressing the up or down arrows.

Once the time reaches 0, the heaters will shut off but the control panel will remain on

4-5

Temp Display and Setting

You can set the temperature setting by pressing the up or down arrows. Please note that in order to switch from Celsius to Fahrenheit, you must hold down both the up and down arrows together.

6

Inside Light

Press the inside light button to turn on/off the light.

7

Outside Light

Press the outside light button to turn on/off the light

8

Chromotherapy Light

Press the Chromo light once if you would like the rotation of the different color lights. If you press the button more than once it will remain on the desired color. To turn off press and hold chromo light button until light turns off

Suggestions for Optimal Performance

- 1. Please note that the desired temperature for maximum benefit for infrared therapy is between 115-135 degrees Fahrenheit or 45-55 degrees Celsius.**
- 2. Please allow at least 30-35 minutes until sauna reaches operating temperature(115 degrees F or 45 degrees C) Please enter sauna at this temperature in order for you body to adjust to the higher temperature. It is recommended by many studies that your body needs to slowly adjust to infrared therapy.**
- 3. For maximum sweat production, it is recommended that you do a light workout prior to entering the sauna room. Please note that the temperature reading displayed is just a gauge of the ambient heat around you, and not a gauge of the infrared rays that are penetrating your body.**
- 4. It is recommended that a typical infrared sauna session should last 30-45 minutes. Every person will experience different results based of their different characteristics and metabolic rates.**
- 5. The 150F or 65C temperature setting should only be used for the **Constant Infrared Heat Option**. This option allows you to have the heaters remain on during your entire session. Ideally, if you were to enter the sauna at 115F or 45C, the sauna heaters will not reach 150F or 45C during a 30minute session with proper ventilation, resulting in the heaters staying on. **Under normal conditions, the maximum setting for a typical infrared sauna session should be no more than 140F or 60C.****

FAQ

WHAT IS INFRARED?

Infrared radiation (IR) is electromagnetic radiation of a wavelength longer than that of visible light, but shorter than that of radio waves. This radiating energy penetrates the body and heats it directly and more efficiently through a process called conversion.

ARE INFRARED SAUNAS SAFE?

Yes, far infrared heat is a form of energy. The sun is an example of a principle source of infrared radiant energy that we experience on a daily basis. Our bodies absorb, as well as emit infrared radiant energy. A West Coast Sauna has a concentrated micron range of 8-10. This is very close to your own body's frequency of 9.4 microns. The closer this frequency is, the more beneficial to your health and wellbeing.

WHAT IS THE DIFFERENCE IN HEATERS BETWEEN A WEST COAST SAUNA AND A TRADITIONAL SAUNA?

Our infrared sauna heaters produce radiant energy which is the same as the heat from the sun, only without the harmful UV rays. This specific carbon heater is made up of approximately 20 organic minerals and elements creating infrared waves that heat your body directly, instead of just the air around you. Traditional Finnish saunas, also called rock saunas, use various types of heaters to warm the stones and air in the room.

WHY ARE YOUR CARBON WAVE 360 CARBON FIBER HEATING PANELS BETTER THAN CERAMIC TUBES?

There is a significant difference between our technology and the others. Our exclusive Carbon Wave 360 organic, carbon fiber panels are the latest cutting edge technology. They provide up to 6200 in² of surface area heat, compared to ceramic tubes which only provide 25-50 in². This is important, because our carbon fiber panels offer a broad heat distribution leading to a greater amount of absorption. Some ceramic heaters can make it difficult for an individual to lean against, as opposed to West Coast Saunas' carbon based panels, which have a lower surface temperature.

ARE THE LOWER TEMPERATURES IN AN INFRARED SAUNA STILL EFFECTIVE?

Yes, a West Coast infrared sauna may allow for up to three times the sweat volume produced compared to a traditional sauna. Far infrared technology is thought to be seven times more effective at detoxifying metals such as mercury and aluminum, as well as cholesterols, nicotine, alcohol, ammonia, sulfuric acid and other environmental toxins when compared to conventional heat, or steam saunas. **In a West Coast Sauna, the therapeutic operating temperature is much cooler, 110°-130°F compared to a traditional sauna which requires temperatures of 169°-200°F.** This is important because one can withstand longer therapy sessions, resulting in increased sweat production.

HOW DO I CLEAN MY WEST COAST SAUNA?

Clean your sauna often to keep a fresh and well maintained appearance.

- Sweep or vacuum your sauna periodically to remove dirt, hair, etc.
- Wipe down the walls where people have touched them, i.e. above benches, around doors, and controls as needed.
- Use a bucket of warm water with a mild detergent soap and a clean cloth or sponge, and then rinse well with a fresh damp cloth and plain water.

PRECAUTIONS

- Avoid heavy detergents as they can discolor your wood or leave a residue, which could emit irritating or harmful fumes.
- Do not use too much water as the wood will tend to turn dark.
- Never hose down the interior or exterior of an infrared sauna.
- Never apply paint, stain or other chemical finishes or sealants to the interior of your sauna. The heat from your infrared sauna may cause the surface to become too hot to the touch or cause toxic fumes to be released.

It is recommended that users take a shower prior to entering the sauna. Before sitting or reclining on benches, place a towel under each person to absorb perspiration.

DOES MY WEST COAST SAUNA HAVE A WARRANTY?

We are so confident about our product, we offer a Lifetime Warranty on cabinetry, electrical, and heating panels. Just call or email a Customer Service Representative for any replacement parts. The CD and/or DVD player carries a separate warranty from the original manufacturer.

WARRANTY LABOR

West Coast Saunas will perform all labor at our factory free of charge during the warranty period. Customer is responsible for shipping warranted product to West Coast Saunas at their expense. Customer may elect to have replacement parts shipped to them when applicable in lieu of labor at the factory.

WARRANTY DISCLAIMERS

The warranty is deemed void if the sauna has been misused, altered or left exposed to the elements of weather

LIABILITIES

1. West Coast Saunas and any of its subsidiaries and/or associates shall not be held responsible for any misuse of the sauna by the customer. West Coast Saunas shall not be held liable for any damage and/or injury caused by customer misuse of product.
2. West Coast Saunas and any of its subsidiaries and/or associates do not provide medical guidance or diagnosis. It is always recommended that you contact your physician for advice.

CANCELLATION AND RETURN POLICY

1. Buyer may cancel and return the goods to Seller, subject to the terms and conditions of this policy. Buyer shall assume all risk of loss associated with the return as well as shipping, handling, restocking and other fees, costs and expenses as described in this policy.
2. Seller reserves the right to refuse to refund any deposit or payment, or cancel any payment due, and any owing until such time as Seller a) is in receipt of the goods b) has inspected the goods and c) in the Seller's discretion, has found the goods to be free of damage.
3. All returned goods must be in their original packaging. Seller may refuse to refund all or any portion of any payment, or cancel payment due and owing if the Buyer fails to fully comply with or violates the terms and conditions of this policy.

SHIPPING, HANDLING AND RESTOCKING FEES

All cancelled or returned goods shall be subject to a) storage fees and costs associated with routing the goods b) handling and restocking fee in the amount of \$395.00 USD for each sauna c) all shipping costs to and from the Seller and d) Seller providing a return merchandise authorization (RMA) number. Buyer's failure to obtain the RMA number shall result in Seller not accepting any returned shipment and Buyer paying all costs and fees. All such costs and fees as determined by Seller shall be paid by Buyer to Seller upon demand by Seller.

We hope this information has been helpful to you. If you should have any further questions or concerns, please contact us at 1-800-975-6180 or email us at service@westcoastsaunas.com.

Please enjoy your sauna experience.

Sincerely,

West Coast Saunas