

Dr. Mercola Vitality 2 Person Traditional Sauna User Manual



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PLEASE READ INSTRUCTIONS CAREFULLY BEFORE ASSEMBLY AND USE.

WARNING: When using electrical sauna heaters and associated sauna products, basic precautions must be followed, including the following:

1. Proper Grounding is required.
2. No electrical receptacle shall be installed in the sauna room.
3. Be sure rocks are placed in the heater according to the instructions on page 9 of this manual.
4. Do not tamper with the door or install a latching or locking system. Malfunction of which may cause entrapment inside the heated room.
5. Do not block ventilation openings. Vents must be kept free of obstruction so proper air flow is maintained in the sauna room. Do not stack anything in front of the vents or push the back of the room up tight to a wall surface.

WARNING: Prolonged exposure to elevated temperatures is capable of inducing hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches several degrees above the normal body temperature of 98.6°F. The symptoms of hyperthermia include an increase in the normal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of the hyperthermia include failure to perceive heat, failure to recognize the need to exit the room, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the room and unconsciousness.

WARNING: The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.

CAUTION FIRE HAZARD: Do / not use the sauna room for drying clothes, bathing suits, etc. Do not hang towels above the heater or place any object, other than the rocks supplied, in the heater. If any darkening of the wall around the heater is noticed, discontinue sauna use immediately.

PREASSEMBLY INFORMATION

Two adults are required for the assembly and installation of sauna room.

Assembly Tools:

Flat tip Screwdriver, Phillips Screw Driver or Drill with Phillips Screw Bit.

Assembly Hardware:

All assembly hardware is located inside Box # 1: containing Floor & Ceiling Panels.
All hardware bags are packaged in the CD player box and are properly labeled.

Box # 1 - Ceiling, Floor, Bench & Back Supports, CD Player, Heater Guard

Box # 2 - Left & Right walls

Box # 3 - Rear & Front walls

Box # 4 - Controller / Power Cord Assembly / Sauna Heater / Sensor

Box # 5 - Sauna Rocks

Box # 6 - Bucket & Ladle

ELECTRICAL INFORMATION

The Traditional sauna includes a 1.7kW 120 volt heater. It should be plugged into a 120 volt NEMA 5-15R / 15 amp or NEMA 5-20R / 20 amp household outlet, (standard 120 volt outlets, found in all homes).

A 120 volt dedicated circuit is recommended to avoid unnecessary tripping of the breaker.



5-15R



5-20R

SAUNA ROOM ASSEMBLY

* There is a “+” button or a “-” button at the sides of each panel, which will be installed correspondently with one “+” to one “-” in the following way when installing:

The panel with “+” button should be lifted up about 4 inches (10cm) higher than the panel with the “-“ button (Refer to Picture 1); place the “+” panel against the panel with “-”button

(Refer to Picture 2) ,and then slide the panel with “+”button down until the two panels are equal in height

(Refer to Picture 3). If they are not equal in height or there is an obvious gap between the two panels, that means they are not properly attached, and you should try again.



Picture 1



Picture 2



Picture 3

The panels should be installed in the following order:

*Floor Panel→ Back Panel→ Right Side Panel→ Left Side Panel→ Bench Supports
Front Panel→ Top Panel→ Lower Bench Panel → Upper Bench Panel

Note: The vents must be kept free from any obstruction so proper airflow is maintained in the sauna room.

Do not stack anything in front of the vents or push the back of the room up tight to a wall surface.

SAUNA ROOM SET UP

1. Located in Box #1, place the floor panel in the desired location on a level surface.
(Note: The floor panel must be level before installing wall and ceiling panels.)

If the floor surface is not level you may need to level bottom panel so the Sauna room will assembly properly.)



2. Place the back panel in the slot of the floor panel
Box #2 contains left & right walls



3. Place the right side panel in the slot of the floor panel.
The lift and slide into back wall bracket.



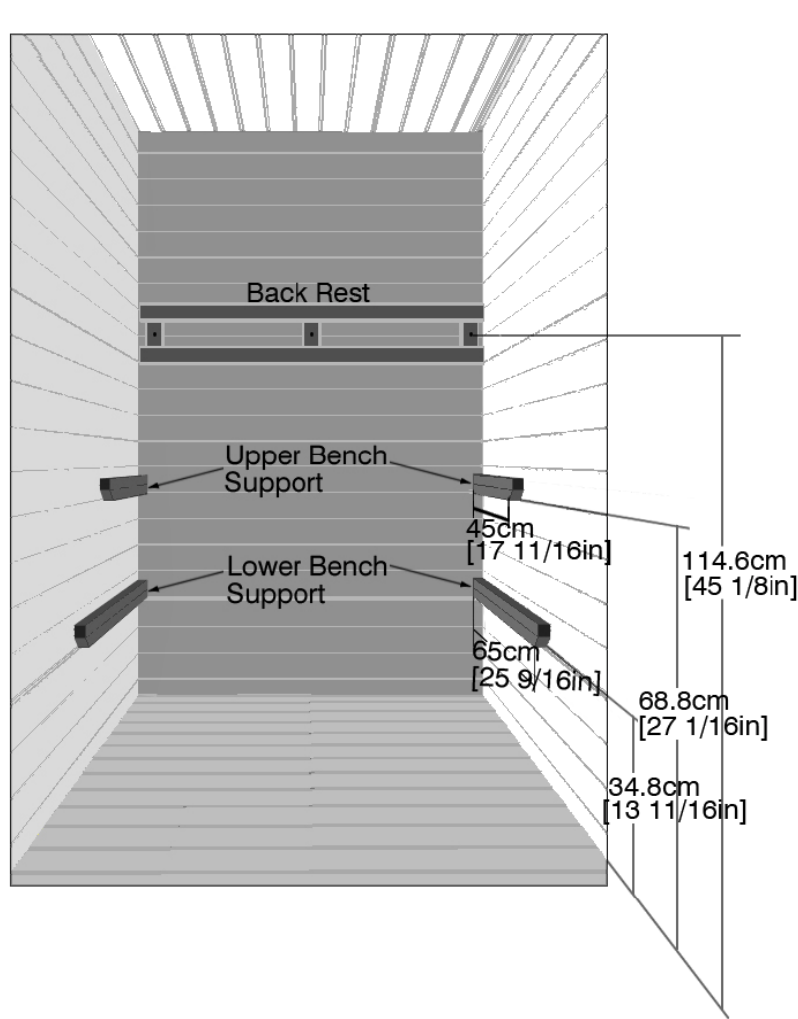
4. Place the left side panel in the slot of the floor panel.



5a. Secure the Lower & Upper Bench Supports (2 on each side wall). See both pictures and illustration below.



5 b. Install the back support in rear wall using pre drilled holes.



6. Attach the front panel with glass door located in Box #3 to left & right wall.

First insert in slot of floor panel and attach by lowering the front panel so it aligns with the 4 pins on edge of left and right walls.



7. Place the ceiling panel on the four wall panels.

*Make sure the top panel's arched side is facing to the front.

*Make sure trim of the top panel fits completely around the four side panels.

*Make sure the connection wires from the front panel and right side panel protrude through the hole of the ceiling panel.



MOUNTING THE HEATER

Unpack Heater / Controller / Power Cord Assembly from Box # 4.

8. Remove the rock grill from the heater by unscrewing the two screws from the top back of heater. After removing the screws for the rock grill, the mounting bracket will be loose from the heater.

9. Remove the heater metal mounting bracket from the back of the Heater by unscrewing 2 bracket screws.



Then secure the heater's metal heater bracket to the center of the 2 wood horizontal supports, which are attached to the front wall. Use 4 ¼ x 1 ½ in screws to attach heater's metal bracket to wood supports.



Now hang the heater on the metal mounting bracket 3 tabs.

10. Next install the wood heater guard found in Box #1 to prevent the sauna bather from accidentally touching the sauna heater when is use. Install the wood heater guards to the front and side walls as noted in picture above.

11. Unpack the Rocks found in Box 6.

Rinse the rocks of dirt and dust. Install the rocks into the heater.

Place small or flat rocks around the outer perimeter of heat chamber, including the ends.

Place larger rocks loosely in middle of heater.

Fill the heater until flush with the top of the outer shroud.

Add 3 to 4 large rocks to top of heater. Reinstall rock guard.

***Note:** There will be extra rocks provided. The concept of rock placement is to promote good airflow through the heater.

***Note:** Use only the “olivine” sauna rocks provided with the heater. If other rocks are used, the warranty is void.

Install the rock grill on heater with the two screws in the top back of heater into the mounting bracket.

12. Install the two wire plastic cable clamps found in Power Cord Assembly box to right bottom side wall to secure the heater black power cord and the red & black high limit wires along the floor..



INSTALLING CONTROL BOX AND CONNECTIONS

Do not hesitate to contact Mercola Customer Services if you have any questions or require assistance regarding Control Box Connections / Sauna Room Assembly!

13. Remove black Control box cover remove 4 screws.
- Attach Control Box to the Right Wall see picture >>>>
 - Insert the 5 connectors into the Control Box bottom holes position 1 & 2 as indicated below



See Control Box Connections Guidelines on next page –attaching the 6 connectors



Control Box Bottom: Connector Hole Positions

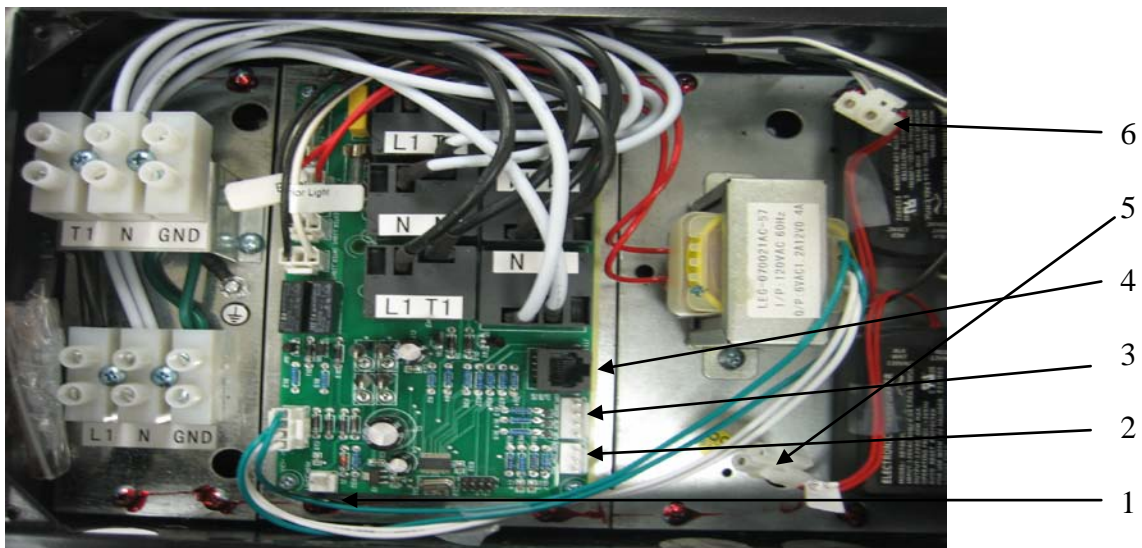
#1

#2

Hole Connection Type

- | | |
|---|---|
| 1 | Heater High Limit Connector: 2 pin connector / 2 wires: Red / Black |
| 1 | Temperature Sensor Connector: 3 pin connector / 3 wires: Red, / White / Black |
| 1 | Colored Lights Connector: 4 pin connector / 4 wires: White |
| 2 | Control Pad: Blue Cable |
| 2 | Interior Light Connector: 2 hole connector / 2 wires: Red / Black |
| 2 | Exterior Light Connector - 2 wires: White / Black |

CONTROL BOX CONNECTIONS INSTRUCTIONS



#1 Heater

- a Locate the Heater (2 pin 2 wires: red & black) labeled High Limit coming from the heater
- b Insert this connector and wires through bottom of Control box hole position 1 see page 8
- c Attach this connector to circuit board #1 (lower left corner of board)

#2 Temperature Sensor

- a Locate 3 pin Connector with 3 wires: red / white / black coming out of the bottom of right wall
- b Insert this connector and wires through bottom of Control box hole position #2 see page 8
- c Attach this connector to circuit board position #1 (lower right corner of board)

#3 Colored Lights

- a Locate the 4 pin white connector: 4 white wires coming out of the bottom of right wall.
- b Insert this connector and wires through bottom of Control box hole position #1 see page 8
- c Attach this connector to circuit board position #2 (4 pin white connector)

#4 Control Pad

- a Locate Blue cable coming from bottom corner of right wall
- b Insert Blue cable through bottom of Control box hole position #1 see page 8
- c Attached this cable to circuit board position # 3(black connector)

#5 Interior Lights

- a Locate this connector (labeled interior lights with 2 wires: red / black coming out of the bottom of right wall
- b Insert this connector and wires through bottom of Control box hole position #2 see page 8
- c Attach connector to the proper labeled connector inside of Control box

#6 Exterior Lights

- a Locate this connector (labeled exterior light) with 2 wires: white / black coming out of the bottom of right wall
- b Insert this connector and wires through bottom of Control box hole position #2 see page 8
- c Attach connector to the proper labeled connector inside of Control box.

CONTROL BOX CONNECTIONS CHECK LIST



To insure all Control Box connections were properly made:

1 - Press three white connectors firmly onto green circuit board insuring that the smooth side of the white connector is facing the inside of the green circuit board > Connectors # 1, 2, 3,

2 - Press Blue Cable #4 firmly into black connector on circuit board.

3 Push together two white plastic connections for Exterior & Interior Light: Connectors # 5 & 6

Do not hesitate to contact ...Mercola Customer Services if you have any questions...or require assistance regarding Control Box Connections / Sauna Room Assembly.

14. Attaching electrical power cord to the wall.

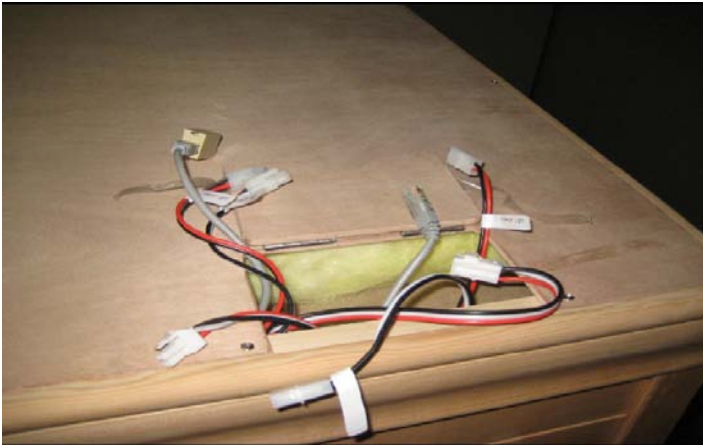
Insert the black power cord through the interior right wall lower corner hole.

Attach the plate to the (interior) wall with the 2 screws taped to back of plate.

Attach the plate to the (exterior) right wall power cord hole with 2 screws taped to back of plate.

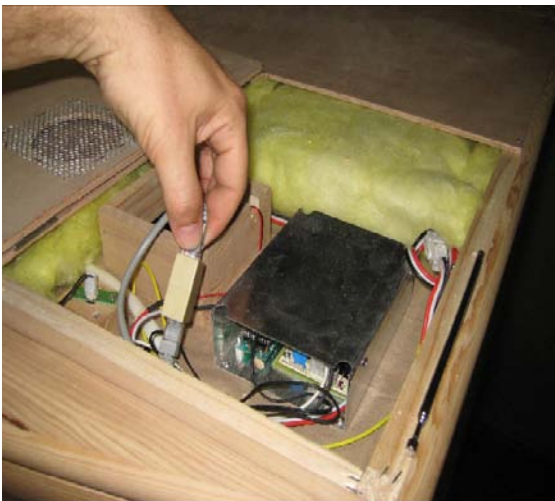
**Do NOT ...Plug the Heater and CD / Radio
Power Cords into the electrical outlet until the Sauna is
completely assembled and ready for use!**

15. Connect the 4 cables on the top of the ceiling panel back right corner as noted below!



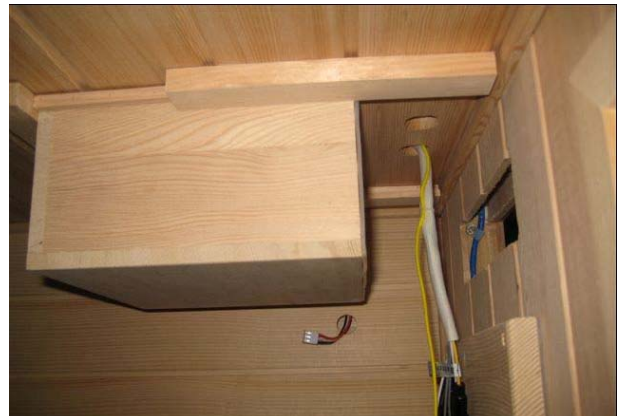
16. Connect the CD player low voltage wires in ceiling panel under access panel by the front wall.

*Note: 2 different style connections are used to ensure proper connections.



**Note: To use the CD AM FM
Player please refer to CD player
instructions found inside CD
Player box located in Box #1.**

17. Install radio in front wall panel and connect (2) wires to the back of the radio.



18. Install radio wood cover packed in Box #1 with screws.



19. Unpack the Temperature Sensor from Box # 4 inside of Power Cord Assembly box. The Temperature Sensor wire connector will be exposed through a hole in the top of the right wall the next to CD player.

Attach 3 wire white connector to the Sensor green circuit board. Then mount the Sensor board to the right inside wall next to CD with the 2 screws provided. Attach Sensor white cover on the green board.



BENCH INSTALLATION

20. Installing the Benches found in Box 1

Install the lower bench on lower supports.

Install upper bench on upper supports.

21. Connect the 120 volt cord from ceiling in the back left corner to a wall outlet.

Note: This Power Cord will supply power to the radio.

22. Connect the 120 volt cord from the lower right wall to the proper outlet.

Note: This Power Cord will supply power to the lights, and heater.

SAUNA ROOM CONTROL PAD OPERATION

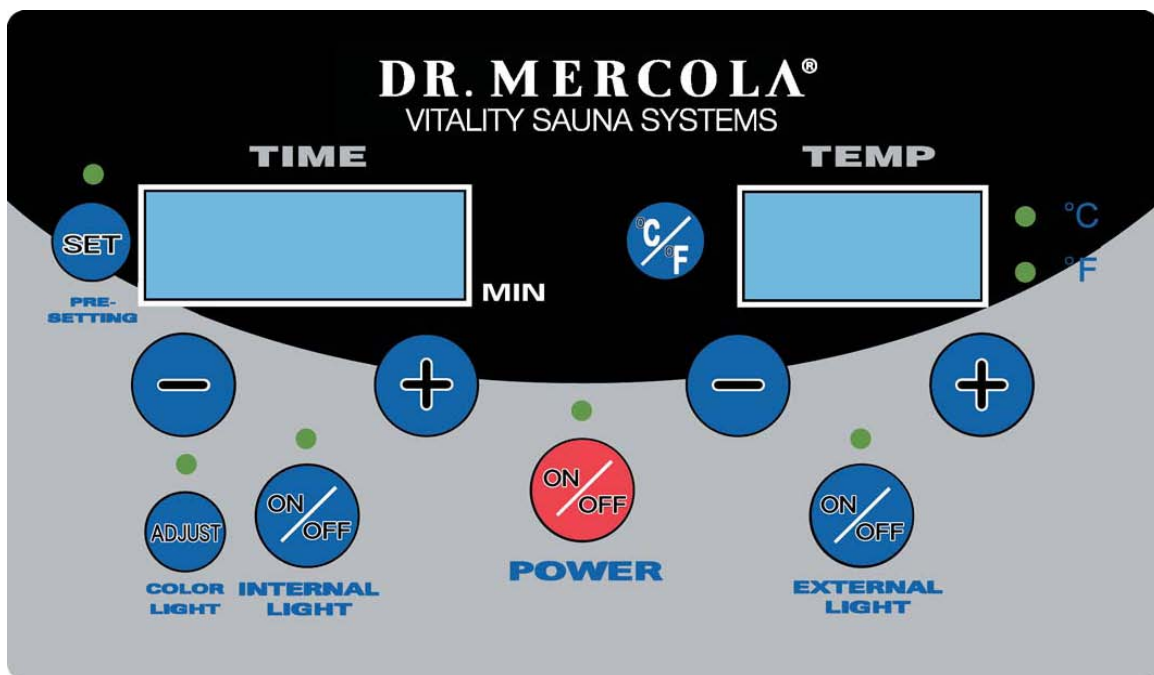
Press “External Light” to switch On or Off.

Press “Internal Light” to switch On of Off.

Press “Color Light” to scroll through the colors and then Off.

Press Time to Set Immediate Sauna Time or Pre Set for delayed Start

Press Temp to Set Desired maximum Sauna Temp in either Centigrade or Fahrenheit.



OPERATING INSTRUCTIONS FOR SAUNA HEATER

Default settings for temperature are preset to 176°F, the bath time is set to 60 minutes and 0 minute delay to start to heat. These settings are adjustable (as described below) from 125° to 194°. Length of sauna can be set from 0 to 60 minutes. The time delay before start can be up to 23 hour and 59 minutes. Any changes are remembered by the heater for your next bath. Should the heaters power be lost then restored, the settings will return to their default values.

STARTING SAUNA HEATER IMMEDIATELY

Press the control POWER button once. The room temperature will be displayed on the control.

The heater will turn on and begin heating the room to current set points.

Once the set temperature is reached inside the room, the heater will turn heater on and off again as needed to maintain the desired temperature.

At the end of the selected time (60 minutes maximum), the control will turn itself off and the control display will turn off.

SETTING THE TIME AND TEMPERATURE

To set the sauna length time, press the control POWER button to turn on the heater. Press the TIME "+" or "-" buttons on the control to increase or decrease time for desired setting. The maximum of time is 60 minutes.

To set the temperature, press the control POWER button to turn on the heater. Press the TEMP "+" or "-" buttons on the control panel to increase or decrease temperature for desired setting. The maximum temperature is 194°F (90°C).

Note: Typical sauna bathing temperature is 150F to 165F displayed on the control.

PRE-SETTING DELAYED START

Press the control POWER button once. The room temperature will be displayed on the control. Press the "Pre-setting" button. Press the TIME "+" or "-" buttons on the control to increase or decrease delay time for desired setting. The maximum of time is 23 hours and 59 minutes. If no delay start is desired, set to 00:00 and press "Pre-Setting" button.

Note: The " : " will flash between the numbers in the time display when system is in the delayed Start mode.

HOW TO ENJOY A SAUNA

Some sauna bathers enjoy the soothing effect of steam when using the sauna by splashing cool clean water on the heated sauna rocks. Use only one dipper full (approx. ½ cup) at a time and keep clear of the steam as it rises off the rocks.

Do not ...pour any flammable liquid on Sauna rocks, chlorinated pool or spa water on the heater or corrosion damage may result.

Do not... smoke, exercise, or drink alcoholic beverages while using the sauna room.

When taking a sauna, allow time to completely relax. Remove jewelry and clothing or wear a towel loosely. After approximately 10 -15 minutes or when perspiration begins, leave sauna and follow with a cool shower. Cooling time should equal time spent in the sauna. Enter sauna room again and stay for 5 to 10 minutes. Repeat the cycle 2 or 3 times; end with a brisk shower...rinse in cool water.

Dress when completely dry and perspiration has stopped.

USER MAINTENANCE INSTRUCTIONS

Water Tray (under heater): A water tray is provided to reduce the amount of water that will get on the floor. Ensure water and removed from tray after use and floor is dry.

CLEANING INSTRUCTIONS FOR SAUNA ROOM

Perspiration and dirt may absorb into the wood, so periodic cleaning is needed.

Scrubbing benches, back supports, floorboards and walls with a stiff brush and mild detergent is normally sufficient. Light sanding is another option for cleaning interior surfaces

Dr MERCOLA VITALITY TRADITIONAL SAUNAS PREMIUM WARRANTY

Mercola warrants the Vitality Saunas: Traditional and Infrared against malfunction or defects in materials, manufacturing or workmanship for the period of time and in accordance with the conditions set forth below. Mercola will provide replacement parts for malfunction or defects from the date and of the original purchase. This warranty does not cover shipping cost or any potential labor of warranty parts replacement.

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. This warranty is non-transferable and shall extend only to the original purchaser. Under no circumstances, shall Mercola 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.

The Sauna Room Wood Components, Traditional Sauna Heater and Temperature Controls are warranted for a period of five, (5) years

Audio / Visual devices: Mercola will provide parts to replace with manufacturing or workmanship defects for a period of one (1) year.

Commercial Use - If the Mercola Vitality Traditional Saunas are installed in a commercial location...such as gyms, clubs, condominiums, apartments, spas, health practitioner's facility, but not limited to...Mercola will provide all parts replacement for a period of one (1) year from the date of original installation.

Note that since the wood used in Mercola Vitality 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.

**For additional assistance or service questions please do not hesitate contacting
Mercola Customer Services**

Mon – Fri. 7AM – 8PM CST / Sat – Sun 8AM – 5PM CST

Inside US 1 (877) 985-2695 / Outside US 1 (847) 252-4355 / *En Espanol* 1 (877) 985-2690

You may also contact us at: <http://shop.mercola.com/customerservice.aspx>

An online form is available 24-7. Please allow 48-72 hours for a response.

Thank you and enjoy the many healthy benefits of Dr Mercola's Vitality Saunas!