

Montreal Saunas

# *West Coast Saunas*



## INSTRUCTION MANUAL



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WEST COAST SAUNAS INC.  
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**Note:**

The electric cord extends out from the top roof. The cord is approximately 9ft long. It is recommended that the location of the outlet you are installing be above 75", which is the height of the sauna. Dedicated requires that no other appliance should share outlet/circuit with sauna. Failure to comply with this requirement may cause electrical interruption and diminished sauna performance. It is recommended that a qualified electrician install your dedicated electrical wiring for proper sauna function and to avoid any potential electrical hazards.

**ELECTRICAL REQUIREMENTS**

**Malibu: 110-120volts/15amp dedicated circuit/outlet**

**NEMA 5-15R(required)**

**NEMA 5-15P(included)**



**8 Heaters 1600-watts**



**Del Mar/Newport-2: 110-120volts/20amp dedicated circuit/outlet**

**NEMA 5-20R(required)**

**NEMA 5-20P(included)**



**9 Heaters 2150-watts**



**Hollywood: 220-240volts/20amp dedicated circuit/outlet**

**NEMA 6-20R(required)**

**NEMA 6-20P(included)**



**15 Heaters 2850-watts**



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**WARNING:**

- 1) No plumbing or plumbing fixtures should be placed in the sauna.
- 2) Keep all liquids away from the heating panels
- 3) Install sauna on a completely level surface.
- 4) Install sauna in an area that is dry and protected from the weather. Sauna is for in home use only
- 5) Flammable objects and corrosive chemical substances should be kept far away from the sauna.

## Part A: Installation

### Unpacking your Sauna

Please identify the 3 boxes(A/B/C) that arrived in your shipment. Place boxes in an open area. All 3 boxes are labeled with the contents inside. It is recommended that a minimum of 2 people be present for unpacking and assembly. Lay boxes flat on the ground with lettering facing up. Please make sure the area is clear of debris.



The following steps will be divided into 3 sections. First, we will start with the Malibu/Del Mar, next will be the Newport and finally the Hollywood Sauna. The tools required for assembly are a Philips-Head Screwdriver. Note: All panels are labeled with white stickers. Please follow instructions carefully. If you should have any questions, please do not hesitate to contact us at **1-800-975-6180 ext.2** or [service@westcoastsaunas.com](mailto:service@westcoastsaunas.com).

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## Malibu & Del Mar Sauna

**Step 1:** Open Box C (Floor panel/Roof panel/Bench panel/Accessories box). Lay the floor panel at your desired location. The floor heater is towards the front of the sauna.



**Step 2:** Open Box A (Front panel/Back panel). Install the Back panel first by sliding the panel onto the metal brackets on the floor panel. Next install the Front panel by the same method used for the Back panel. Please remove plastic wrap from Front panel but be careful so that the glass door does not swing open. At this point, one person should secure both Front and Back panels by holding them.



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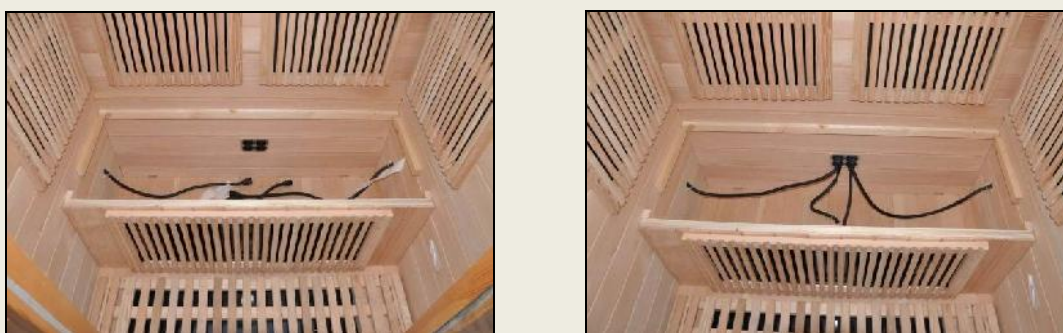
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**Step 3: Open Box B (Right Panel/Left Panel). Install Right and Left Panels by lining up the panels to the Front and Back. Right Panel means Right facing the sauna Please semi-tighten installation bolts (located in accessories box). When all 4 panels are securely in place, please tighten all installation bolts.**



**Step 4: Install Bench Support panel (located in Box C). Please make all 4 electrical connections to the Back panel.**



**Step 5: Install Bench by guiding it between the Right and Left panels. There are 2 small pieces of wood that may be used to prevent the back of the bench from sliding upward when user sits on front of bench. They can be screwed to back wall. The pieces of wood are included in the accessories box.**



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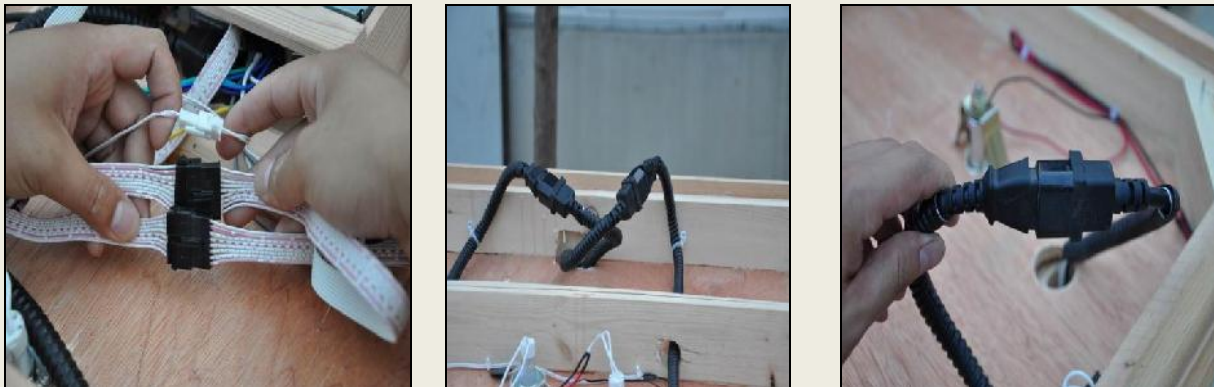
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**Step 6: Install Roof panel.** Guide the roof panel over the sauna and secure into position. Please feed all the electrical connections that are on the Front/Back/Right/Left panels thru the holes in the roof panel.



**Step 7: Once Roof Panel is securely in place, proceed up top to make all electrical connections.** Please note that there are 3 white ribbon connections (2pin-temp sensor/8pin-power/9pin-chromo). Match the male/female black electrical cord heater connections. There are 2 in the front and 2 in the back



**Step 8: Install Top Cover.** Feed the main power cord thru the hole and secure cover to roof panel. Please secure cover with screws provided. Failure to properly secure cover may result in heat loss and diminished sauna performance.



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**Step 9:** Install Cup Holder(s), Magazine Rack, Towel Holder. These items may be installed in any location that you desire. Mount Air Purifier to Back panel by using a wood screw(just like hanging a picture).



**Step 10:** Install Door Handle. If you have purchased the LCD Upgrade then you may connect it to the 12volt Cig-adapter located on the ceiling, if not then cover the adapter with the wood knob provided in your packaging.



**Step 11:** Once Installation is complete plug in sauna. Please make sure to read the “How to Use Instructions” at the end of this booklet.



**Malibu**



**Del Mar**

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## Newport Sauna

**Step 1:** Open Box C (Floor panel/Roof panel/Bench panel/Accessories box). Lay the floor panel at your desired location. The floor heater is towards the front of the sauna.



**Step 2:** Open Box A (Front panel/Right Front/Left Front). Install the Front panel first by sliding the panel onto the metal brackets on the floor panel. Next install the Left Front panel by raising it above Front panel and guiding it down into the metal brackets. Next install Right Front panel by same method as Left Front panel. Please remove plastic wrap from Front panel but be careful so that the glass door does not swing open. At this point, one person should secure both the panels by holding them.



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**Step 3: Open Box B (Right Back panel/Left back Panel). Install Right back Panel by sliding panel onto metal brackets on Floor panel. Semi-tighten Right Back panel to Right Front panel using Installation bolts (accessories box). Install Left back panel to Right back panel and Left Front panel (note there are no metal brackets on this side of the floor panel) Semi-tighten using installation bolts. Once all panels are securely in place fully tighten all bolts.**



**Step 4: Install Bench Support panels (located in Box C). Please make all electrical connections to the Back panel. Install Bench panels (located in Box C).**



**Step 5: Install Roof panel(located in Box C). Guide the roof panel over the sauna and secure into position. Please feed all the electrical connections that are on the Front/Back/Right/Left panels thru the holes in the roof panel.**

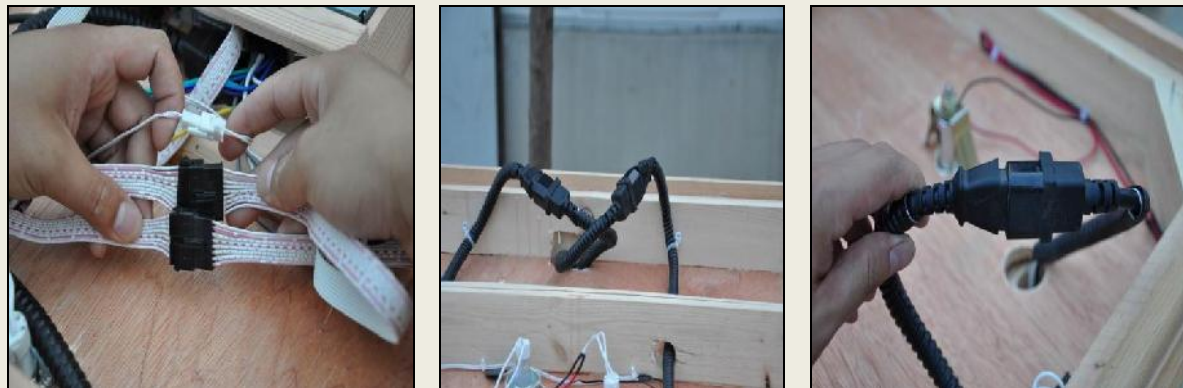


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**Step 6:** Once Roof Panel is securely in place, proceed up top to make all electrical connections. Please note that there are 3 white ribbon connections (2pin-temp sensor/8pin-power/9pin-chromo). Match the male/female black electrical cord heater connections.



**Step 7:** Install Top Cover. Feed the main power cord thru the hole and secure cover to roof panel. Please secure cover with screws provided. Failure to properly secure cover may result in heat loss and diminished sauna performance.



**Step 8:** Install Cup Holder(s), Magazine Rack, Towel Holder. These items may be installed in any location that you desire. Mount Air Purifier to Back panel by using a wood screw (just like hanging a picture).



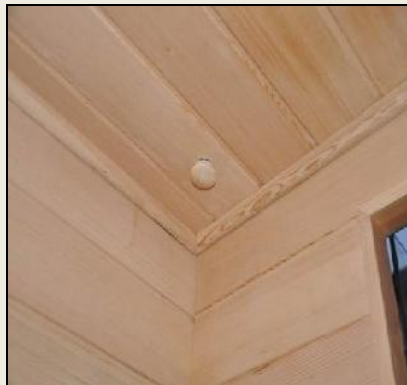
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**Step 9: Install Door Handle.** If you have purchased the LCD Upgrade then you may connect it to the 12volt Cig-adapter located on the ceiling, if not then cover the adapter with the wood knob provided in your packaging.



**Step 10: Once Installation is complete plug in sauna.** Please make sure to read the “How to Use Instructions” at the end of this booklet.



**Newport**

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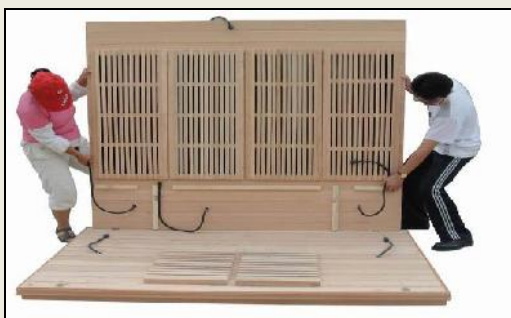
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## Hollywood Sauna

**Step 1:** Open Box C (Floor panel/Roof panel/Bench panel/Accessories box). Lay the floor panel at your desired location. The floor heater is towards the front of the sauna.



**Step 2:** Open Box A (Front panel/Back panel). Install the Back panel first by sliding the panel onto the metal brackets on the floor panel. Next install the Front panel by the same method used for the Back panel. Please remove plastic wrap from Front panel but be careful so that the glass door does not swing open. At this point, one person should secure both Front and Back panels by holding them.



**Step 3:** Open Box B (Right Panel/Left Panel). Install Left Panels by lining up the panels to the Front and Back. Semi-tighten Left panel to Front and Back using Installation bolts (accessories box).



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**Step 4:** Install Bench Support panels (located in Box C). This step should be completed prior to installation of Right Panel. Make all electrical connections and install Bench panels (except for the Right Bench Panel). You will need to complete step 5 first then make the Right side electrical connections.



**Step 5:** Install Right panel to Front and Back panels using Installation Bolts. Semi-tighten bolts. Once all panels are fully secure tighten all bolts. Next, enter sauna and make final electrical connections to the Right panel you just installed. Finally, Install the Right Bench.



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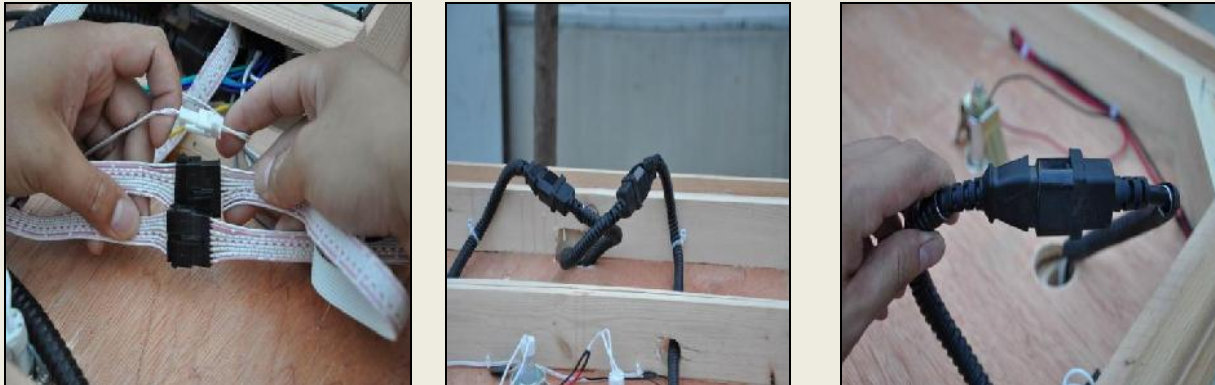
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**Step 6: Install Roof panel.** Guide the roof panel over the sauna and secure into position. Please feed all the electrical connections that are on the Front/Back/Right/Left panels thru the holes in the roof panel.



**Step 7: Once Roof Panel is securely in place, proceed up top to make all electrical connections.** Please note that there are 3 white ribbon connections (2pin-temp sensor/8pin-power/9pin-chromo). Match the male/female black electrical cord heater connections.



**Step 8: Install Top Cover.** Feed the main power cord thru the hole and secure cover to roof panel. Please secure cover with screws provided. Failure to properly secure cover may result in heat loss and diminished sauna performance.



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**Step 9:** Install Cup Holder(s), Magazine Rack, Towel Holder. These items may be installed in any location that you desire. Mount Air Purifier to Back panel by using a wood screw (just like hanging a picture).



**Step 10:** Install Door Handle. If you have purchased the LCD Upgrade then you may connect it to the 12volt Cig-adapter located on the ceiling, if not then cover the adapter with the wood knob provided in your packaging.



**Step 11:** Once Installation is complete plug in sauna. Please make sure to read the “How to Use Instructions” at the end of this booklet.



**Hollywood Sauna**

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## Part B: How to Use



1. On/Off Press Button to turn sauna on/off. Power must be on for CD player to operate
2. Time Display Displays time for your sauna session.
3. Time Control Adjust time up/down. Flashing numbers indicate desired time while steady numbers indicate time remaining. Once time reaches 0 the heaters will shut off. You must reset time to extend sauna session.
4. Temp Display Displays Temperature for your sauna session.
5. Temp Control Adjust temperature up/down. Flashing numbers indicate desired temperature while steady numbers indicate current temperature. Celsius to Fahrenheit change, hold both up/down arrows simultaneously.
6. Chromo Lights Turn on/off chromotherapy lights. If you press this button once it will cycle thru all 7 lights. If pressed more than once, it will stay on the desired color.
7. Reading Light Turn on/off inside reading light.
8. Outside Lights Turn on/off outside lights and oxygen ionizer. This button must be pressed on for the oxygen ionizer to have power. Ionizer has its own on/off button.

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## Frequently Asked Questions?

### 1. What is the optimal time/temp for a typical sauna session?

West Coast Saunas recommends that you start out at approx. 110-120F for your first few sessions in order for your body to adjust to infrared therapy. After your initial sessions, you may start to increase your temp into the higher ranges. A typical infrared sauna session is approx. 30-45min. Please note that the optimal range for infrared therapy is approx. 115-130F. The 135F-150F settings on the control panel are for users who prefer higher temperatures.

### 2. How often should I turn on the Air Ionizer?

The Air Ionizer should only be used at the end of your session for approx 5min. It will act to purify the air for your next sauna session. To power on ionizer, press the outside light button. To operate press on/off button on ionizer.

### 3. Can I use my West Coast Sauna outdoors?

In order to achieve optimal results, West Coast Saunas recommends that you install your sauna indoors. However, we do offer canvas covers for your sauna if your space is limited to outdoors only. Please note that if sauna is placed outdoors, heating the sauna may take longer.

### 4. How do I clean my West Coast Sauna?

You may wipe down heaters that have accumulated sweat and the wood inside using a damp cotton cloth. The exterior may be treated with a wood polish.

### 5. Does West Coast Saunas have any other recommendations?

We strongly recommend that you gradually introduce your body to infrared sauna therapy. You should drink sufficient amount of fluids prior to, during, and after your sauna session in order to assist with the Detox process and to prevent dehydration. Although most clients will sweat during their first few sessions, others require more time and therapy. Infrared therapy is like any other therapy, it will take time for your body to adjust and to produce the desired results.

## **Disclaimer**

**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.**

- 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**

**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.**

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## Warranty/Return Policy

### 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 (usually 6 months from date of purchase) from the original manufacturer. West Coast Saunas will perform all labor at our factory free of charge during the warranty period. Customer is responsible for shipping warranted parts 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. The warranty is deemed void if the sauna has been misused, altered or left exposed to the elements of weather.

### Cancellation/Return

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. 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. 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. 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 \$495.00 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.

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## SAFETY CERTIFICATIONS

We at West Coast Saunas are committed to making safety our #1 Priority. Certifications assure you that our infrared saunas have met a certain level of quality construction, as well as safety and performance standards.

Below is a list of our current certifications by companies authorized to approve the sauna safety standards in North America, Canada and the European Union.



### INTERNATIONAL ORGANIZATION FOR STANDARDIZATION

Our manufacturing facility has implemented a quality management system in order to maintain the highest standards in product development and quality assurance



### INTERTEK'S ETL SEMKO STANDARDS FOR THE UNITED STATES AND CANADA

Electrical Testing Laboratories (ETL) was founded in 1896 by Thomas Edison, and is one of the oldest product safety testing laboratories in the world. Certification by ETL and ETL-C assures you that all Signature models have been tested to meet both US and Canadian safety and performance standards.



### CE CERTIFIED EUROPEAN SAFETY STANDARDS

The CE Mark is a requirement for products sold to the European Market. The CE Mark identifies a product as complying with the health and safety requirements spelled out in European legislation and is mandatory for equipment operating in the European Union (EU).



### RoHS DIRECTIVE

The RoHS Directive stands for "the restriction of the use of certain hazardous substances in electrical and electronic equipment". This Directive bans the placing on the EU market of new electrical and electronic equipment containing more than agreed levels of lead, cadmium, mercury, hexavalent chromium, polybrominated biphenyl (PBB) and polybrominated diphenyl ether (PBDE) flame retardants.

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