



Stockholm

Assembly Manual

1. BEFORE YOU START



**IMPORTANT! READ THIS SECTION ENTIRELY
BEFORE PROCEEDING WITH INSTALLATION.**

SAFETY

1. Read and follow all instructions carefully.
2. When installing and using this electrical equipment, basic safety precautions should always be followed.
3. Do not allow children to use the sauna unless they are closely supervised at all times.
4. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
5. Excessive temperature has a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should contact their physician prior to using the sauna.
6. Persons using medications, 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.
7. Always stay hydrated while using the sauna.
8. Never use a sauna under the influence of alcohol or drugs.
9. Beware of exhaustion and sauna usage.
10. Avoid touching the surface of the heaters behind wood frames as they will be hot and may cause burns.

CAUTIONS

1. DO NOT use any type of cleaning agents on the interior of the sauna.
2. DO NOT stack or store any object on top of or inside the sauna.
3. If the power supply cord becomes damaged ensure power is off, cable is unplugged and retailer is contacted.
4. Altering or tampering of any electrical connections on the power supply will void the warranty.
5. 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.
6. DO NOT attempt any repair without consulting Alpine Spas first. Unauthorised repair attempts will void warranty.
7. Unplug the sauna from the wall outlet before cleaning DO NOT use liquid cleaners or aerosol cleansers inside the sauna. Use a clean damp cloth for cleaning.
8. Always unplug your sauna from the wall outlet before servicing.
9. Please contact Alpine Spas for replacement parts if required.



INSTALLATION REQUIREMENTS

1. Install the sauna on a hard, level surface.
2. If the floor surface is cool, install a form of insulation between the bottom of the sauna and the ground such as rubber matting.
3. Do not store flammable objects or chemical substances near the sauna.
4. The sauna must only be placed indoors and never outside.
5. For the sauna to operate as intended and heat efficiently, it should be placed in a warm room, and not somewhere cold such as a garage. The heating capability of the sauna will be impacted by the ambient air temperature of the room it's placed in. While the sauna can be set to a temperature of 70 degrees, the expected max temperature it should reach shall be roughly ambient air temperature + 40 degrees.
6. We recommend two persons to assemble the sauna.

ELECTRICAL REQUIREMENTS

STOCKHOLM - 15AMPS

The Stockholm is provided with pre-connected **15A** lead and plug. This **cannot** be plugged into a regular 10A household socket. You will need an electrician to install a 15A socket capable of receiving the plug.

An RCD is not installed on the sauna.

3. ASSEMBLY INSTRUCTIONS

1. Prepare your desired location and make sure there is plenty of room. It is best to build the sauna in or near your desired location as will be difficult to move once built. You will also need access around all sides so leave enough room to walk behind the sauna.

PRODUCT UPDATE:

The sauna used in the manual build had the backrests pre-installed. These will **NOT** come pre-installed and will need securing at step 12.

2. Place the floor panel on a flat level surface with the angled face facing forward, this is where the door is placed. Next, position the left hand rear wall onto the outside edge of the floor panel.



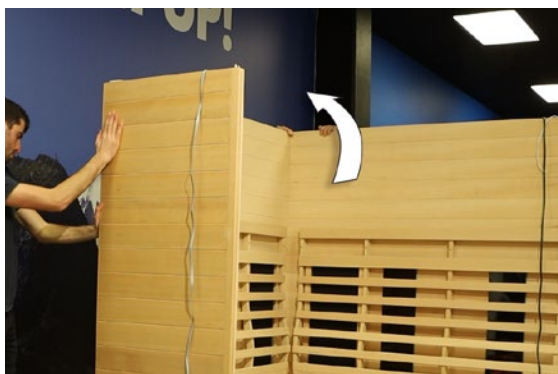
3. While one person holds the left hand rear wall, position the right hand rear wall in place and secure it using 3x 6*55mm bolts



4. Now position the left hand side wall into location using the pre-installed dowels between the side wall and floor panel. Make sure the metal clasps line up between the rear wall and the side wall.



5. One person will need to 'rock' the left rear wall back to allow the male clasp to line up with the bottom of female clasp, once these are lined up, slowly lower the back wall down onto the side wall. You may need to gently tap the side wall towards the rear wall and/or gently tap the top of the side wall downwards to allow the clasps to lock into each other.





- 6.** Locate the right hand bench support and position it in place. Repeat steps 4 & 5 on the right hand side. Secure the top of the side panel and back panels using the 4*50mm screws in the pre-drilled holes.



- 7.** Now that both sides walls are fixed in place, locate the roof panel and gently sit it on the walls. Make sure all cables are hanging externally and don't get pinched.



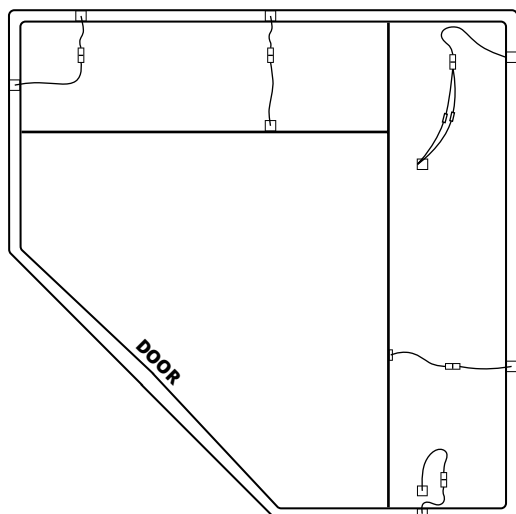
- 8.** With the roof panel sitting (Not secured in place), feed all the cables through the adjacent hole in the roof panel. Once they have all been fed through, gently lower the roof into place onto the dowels, have one person go around and make sure each cable is free and not pinched between the walls and roof.



- 9.** Locate the left hand bench support and slide it into place using the pre-mounted slots, making sure the heater cable is on the right hand side. Secure the right hand bench support into the left hand bench support using 2x 3* 30mm screws & secure the right of the right hand bench support into the side wall using 2x 3* 30mm screws.



- 10.** Connect the heater cables together using the below diagram.



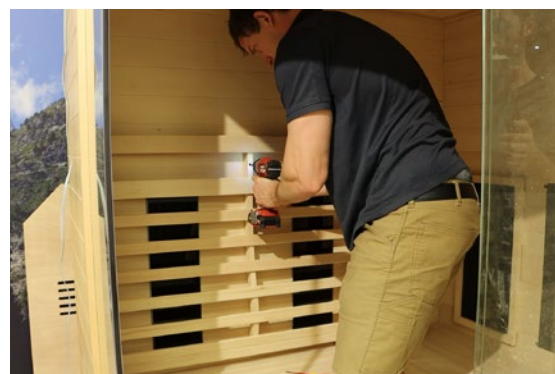
- 11.** Slide the right hand bench seat in and secure using 2x 4*40mm screws. Repeat this on the left hand side using the shorter left bench support.

PRODUCT UPDATE: The sauna used in the manual build had the backrests pre-installed. These will **NOT** come pre-installed and will need securing (See following steps)



- 12.** Locate a back rest (these are universal) and position it in place. Carefully plug in the white and black light cables, making sure the small arrows on the face of the plug are pointing towards each other. Hold the backrest against the back wall, allowing a 10 - 20mm gap between the backrest and the side wall, and raised 50mm off the bench seats. Make sure it is level and secure it in place using the pre-drilled holes in the backrest with the 4* 40mm screws. Repeat this on the other side.

TIP: You may need to feed some light cable back into the wall hole, but be careful not to push the plugs into the wall cavity as it will make it difficult to get out if required.



- 13.** Before installing the glass panels, install the small seal onto the right hand (opposite side of hinge holes) side of panel 'C'. While one person gently lifts the roof panel up from the front, have someone else install panels 'A' & 'D' into the grooves in the bottom & side wall, then lower the roof panel back down onto the glass panel using the groove in the roof. Repeat this process on the other side but make sure the 'lifter' supports the previously mounted glass panel as it could fall.





- 14.** Now use the same theory for panel 'C', the hinge holes should be on the left hand side. Be sure to support previously mounted glass panels before lifting the roof panel. Push the roof firmly down to lock back into place.



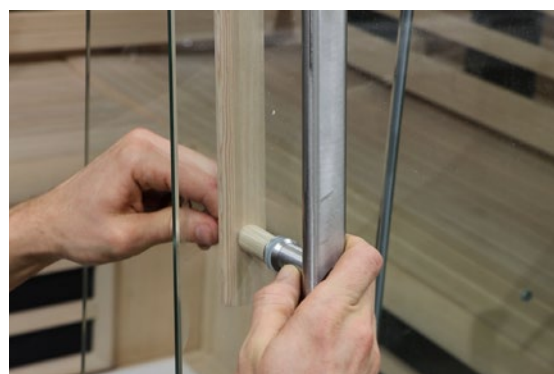
- 15.** Secure the roof panel in place using the 4* 40mm screws.



- 16.** Install the hinges to the glass door. The screws should be placed on the inside of the panel. Make sure the rubber O-rings are installed on each stud and there is a plastic shim between the metal hinge and the glass on both sides.



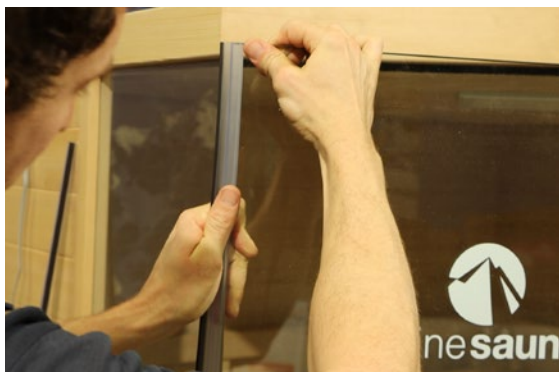
- 17.** Attach the door handles together (through the glass door frame) using the 6*75mm door screws provided. The wooden handle should be on the inside of the door (inside the sauna) to avoid it getting hot."



- 18.** Have one person inside the sauna with the left over hinge parts and the allen key while the other aligns the door into place and lifts it so the hinge studs push into the side glass panel. Install the internal hinge through the glass with the plastic shim in place, lift the glass door as high as possible before tightening the screws all the way. Test the door and make sure that it swings freely, if it makes contact with the top or bottom, loosen off the screws and re-adjust.



- 19.** Install the magnetic seal to the door and the left hand glass panel. The magnetic seal will need rotating to match the profile below.

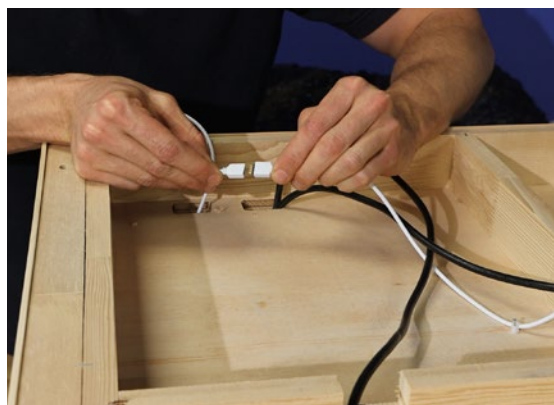


- 20.** Place the wooden protective covers over the glass side of the front heaters. Align the cover so that the bottom is flush with the bottom of the heater (this will allow for a small gap at the top of the front heater for air flow. Connect the front heaters to the sauna at the front left and right of the glass (on the inside) by joining the corresponding plugs together. Screw both heaters into place using the dome head screws with a screw driver (Do not use an electric drill)

TIP: You may need to push excess cable into the floor panel hole to prevent it showing and/or getting pinched.



- 21.** Plug in the remaining light cables on the top of the roof panel on the right and left hand corners. Make sure the little arrows face each other (see image from step 13)





- 22.** You can now firmly plug in the black heater plugs into their corresponding plug in the controller. These will be labeled around the collar of the plug, this letter is also printed above the corresponding controller plug. There will be 2x HEATER A's, 2x HEATER B's and 3x HEATER C's (One plugs into the controller and the other two plug into the splitter). Plug the control panel data cable into the 'CONTROL' port on the side of the controller. Tidy all cables by running them in the cable channels.



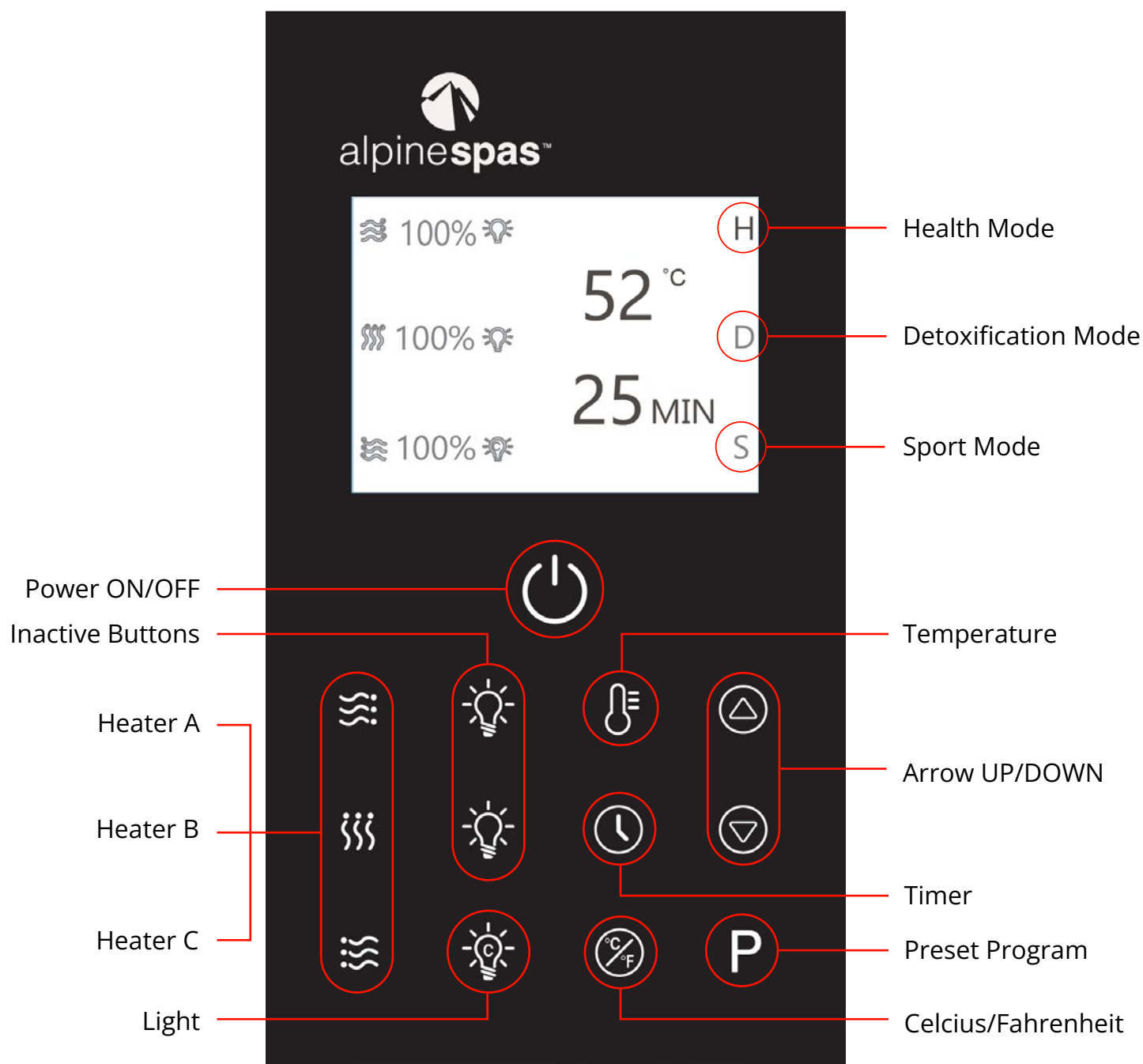
- 23.** Before installing the roof covers, it's advised to plug the sauna in and check all heaters and lights are working as expected. Once you have confirmed the sauna is in working order, make sure the roof cover is oriented correctly, the vents should have cut outs above them and the controller should have breathing slots above it to prevent overheating, pull the 15A cable through the pre-cut circle hole. Secure using the 3* 16mm screws around the outside edge.



- 24.** Gently slide the sauna into position and plug it in.




OVERVIEW OF CONTROL PANEL





1. POWERING ON/OFF

Plug the main power cord into the wall outlet.


Press the “Power” () button once.

The control panel should beep and is now in standby mode, but the heaters are not on by default.

To turn the sauna off, hold the power button down for 5 seconds.

2. TURNING ON/OFF THE HEATERS



To turn the heaters on, while in standby mode, press the “Power” button once to activate the heaters.

The “Heating” icons () will turn on, which indicates the heaters are active.

The default heat temperature is set to max (70°C).

To turn the heaters off, press the “Power” button once.

3. TEMPERATURE ADJUSTMENT


To set the temperature, press the “Temperature” button () once and then use the “UP” & “DOWN” () arrows to change the desired temperature (20 - 70°C).

Temperature can be set on the control panel between 20 - 70°C, however the standard average temperature the sauna will reach will be between 50 - 60°C as heating greatly depends on external ambient temperature. The max temperature equation works roughly to be [Ambient Room Temp + 40°C]. (E.g in a cold garage the sauna will struggle to reach 50°C so it's recommended to place it in a warm room where possible.)

Once set, the temperature display will show the current actual temperature inside the sauna. 5 seconds without adjustment will exit the temperature adjustment mode.

When the heating sauna reaches the set temperature level on the control panel, all of the heaters will be reduced to operate at 25% power.

4. ADJUSTING THE HEATER STRENGTH

All the heaters are divided into 3 groups and the power of each group can be controlled at 100%, 75%, 50%, 25%. To change the heater power level, press the corresponding  button to cycle through the levels.



The levels of the heaters provide different infrared wavelengths.

Far-Infrared (FIR) : 3,000nm - 1mm (IR-C) 100% heater working power

Mid-Infrared (MIR) : 1,400nm - 3,000nm (IR-B) 75% heater working power

Near-Infrared (NIR) : 700nm - 1,400nm (IR-A) 25 - 50% heater working power


5. SETTING SESSION TIMER

To set the timer, press the "Timer"  button once and then use the "UP" & "DOWN"  arrows to change the desired session time (1 minute increments). You can hold down the "UP" & "DOWN" arrows to speed up the increments.

5 seconds without adjustment will exit the time adjustment mode.

Once set, the time display will show the remaining minutes until the session ends and the heaters are disabled.

6. LIGHTING

To turn the lights on, press the bottom 'Light'  button once.

Once the light is on, continue to press the "light" button to cycle through the available colours (White, red, green, blue, orange, yellow, light pink). The last option in the cycle is 'auto' mode which will automatically 'step' through the colours in a cycle.

To turn the lights off, hold down the same 'Light' button for 3 seconds.

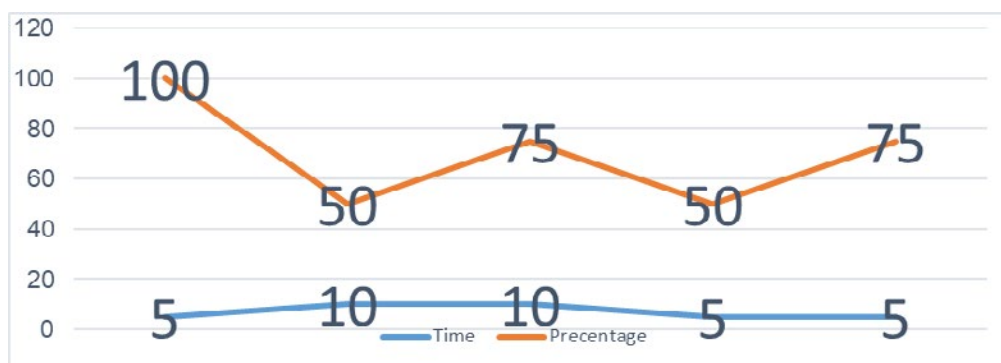


7. PRESET PROGRAM MODE

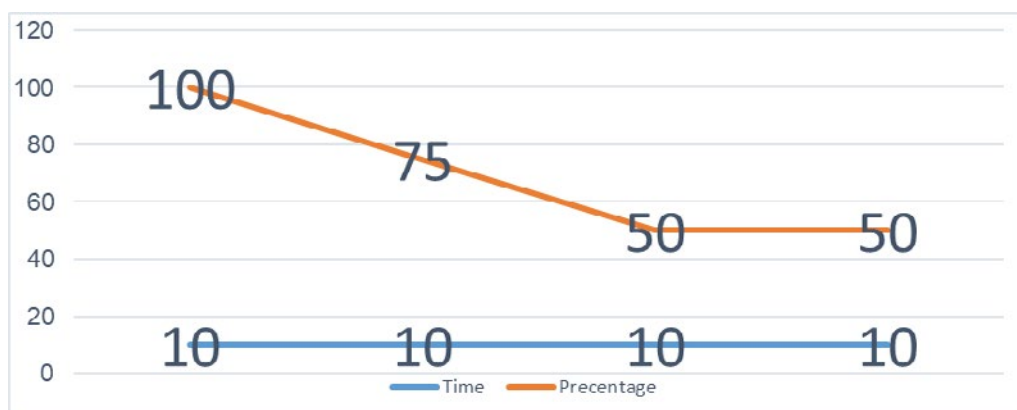
The system has 3 preset programmes which automatically set the time and the percentage of the heaters. Each mode is specially designed to gain the most out of the sauna depending on your intended use.

To turn on a 'Preset Program', press the "Program" (P) button to cycle through each mode.

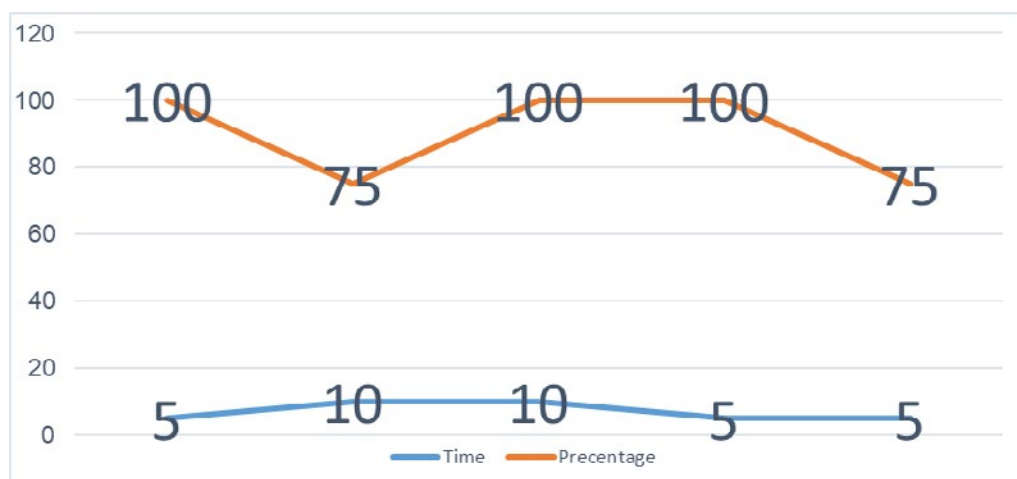
Health Mode



Detoxification Mode



Sport Mode



RECOMMENDATIONS FOR USE:

- 1.** Set up the desired session temperature and time using the control panel.
- 2.** Allow approximately 20-30 minutes for the sauna to warm up before beginning a session. Make sure to hydrate yourself & have cold water on hand.
- 3.** Enjoy the Sauna. We recommend a session time of 30-45 minutes. The ceiling vent can be opened at any time to for air circulation.
- 4.** Always drink plenty of water before, during, and after a session. Doing so will replenish lost fluids from the body through perspiration.
- 5.** Take a cold shower after to refresh.
- 6.** Place a towel on the bench and floor of the sauna to keep sweat off the wood and floor tile. Keep one towel handy to wipe any extra sweat from your body.
- 7.** The interior wood is aromatic and adds to the enjoyment of your sauna session. If you feel the odor is too strong during the first few months of usage, you can wipe the wood with a damp cloth to minimize the odor.

CLEANING AND MAINTENANCE:

Before using your infrared sauna for the first time, clean the inside of the sauna with a damp cloth. If the smell of the sauna is strong at first, that is normal and please open the door while the sauna is working. The smell will diminish over time.

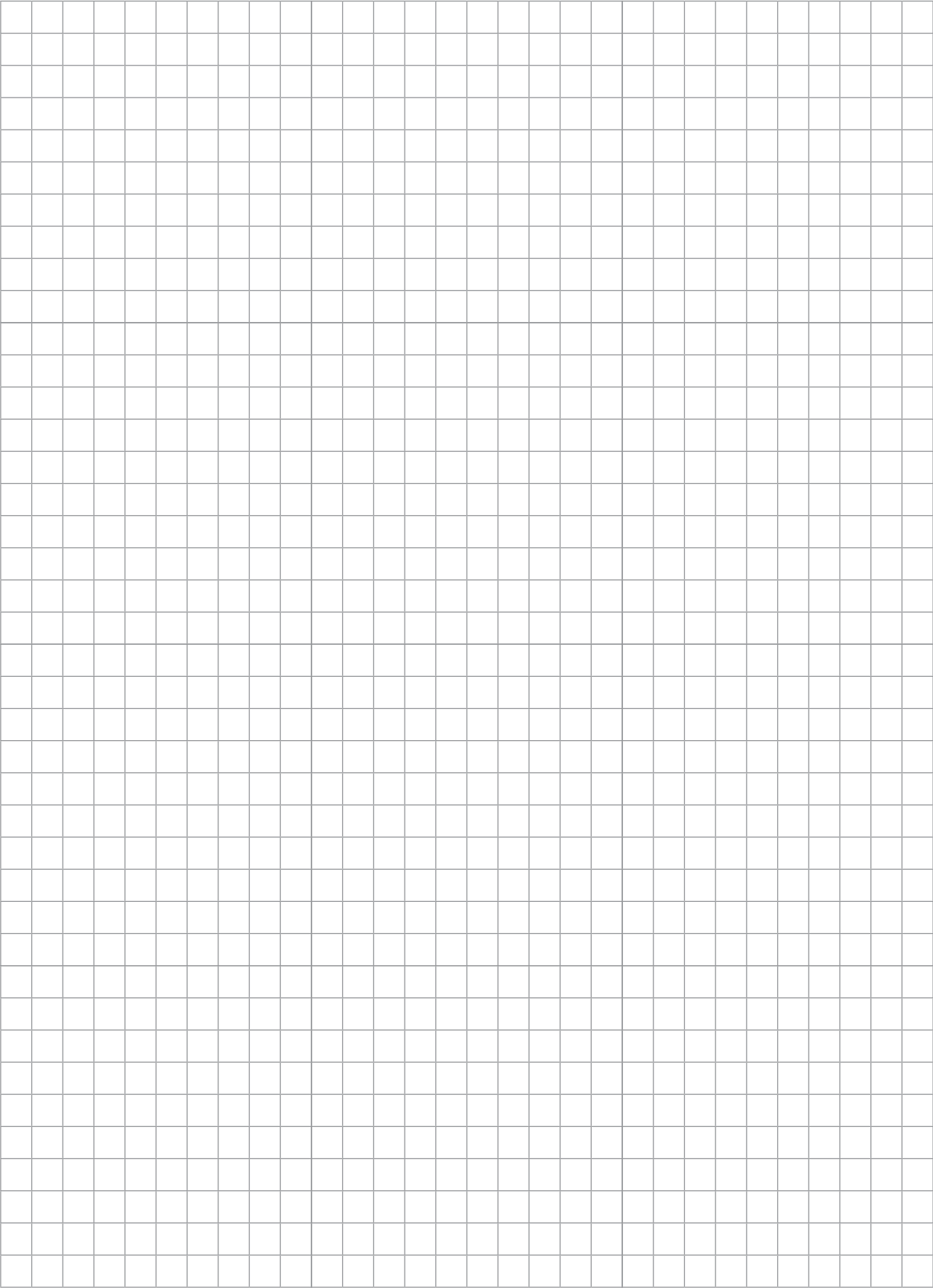
Use furniture polish to clean the exterior. Do not wet the exterior with water.

We recommend placing a soft towel on the floor and on the bench of the sauna to absorb perspiration during sauna use.

Scratches and stains on the sauna can be removed by simply using fine grade sandpaper over the damaged area.



Sketch





A series of horizontal dotted lines for writing.

18



A series of horizontal dotted lines for writing.

20



CONTACT INFORMATION

If you need assistance, please get in touch via phone or email.

service@alpinespas.co.nz

0800 99 33 88

service@alpinespas.com.au

1800 99 33 88

For a digital copy of this guide visit:

<http://alpinespas.co.nz/support/>

OR

<http://alpinespas.com.au/support/>