



Copenhagen & Helsinki

Assembly & User Manual



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.
11. It's important to note that if you move your constructed sauna from its original location, your warranty may become null and void. Moving the sauna while constructed can potentially cause damage or alter its performance. **To move your sauna, deconstruct it and reconstruct it in its new location.**

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

COPENHAGEN - 10AMPS

The Copenhagen sauna is provided with a pre-connected **10A** lead and plug. This can be plugged into a regular household socket and will draw close to 10A. We recommend trying to install on a electrical circuit that does not share with other large electrical appliances.

HELSINKI - 15AMPS

The Helsinki 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.

THIS PRODUCT NEEDS TO BE CONNECTED TO AN ELECTRICAL SUPPLY THAT HAS AN APPROPRIATELY RATED RCD AND INSTALLED ACCORDING TO NATIONAL ELECTRICAL STANDARDS. IF YOU ARE UNCERTAIN IF YOUR POWER SUPPLY IS PROTECTED BY AN RCD, CONTACT YOUR LOCAL ELECTRICIAN TO CONFIRM.

WARRANTY

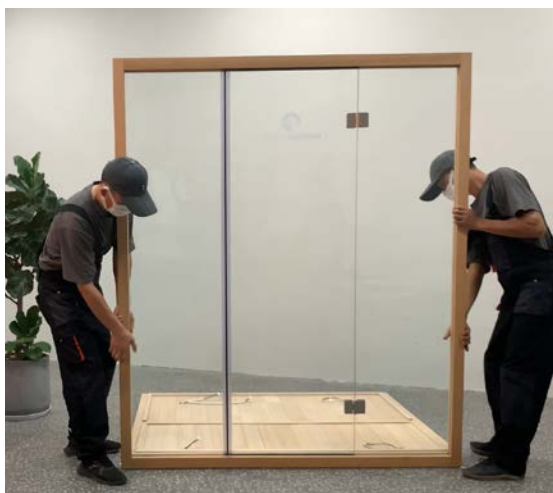
For the most up to date version of our Sauna Warranty and T&C's, visit our webiste below.

www.alpinespas.co.nz
OR
www.alpinespas.com.au



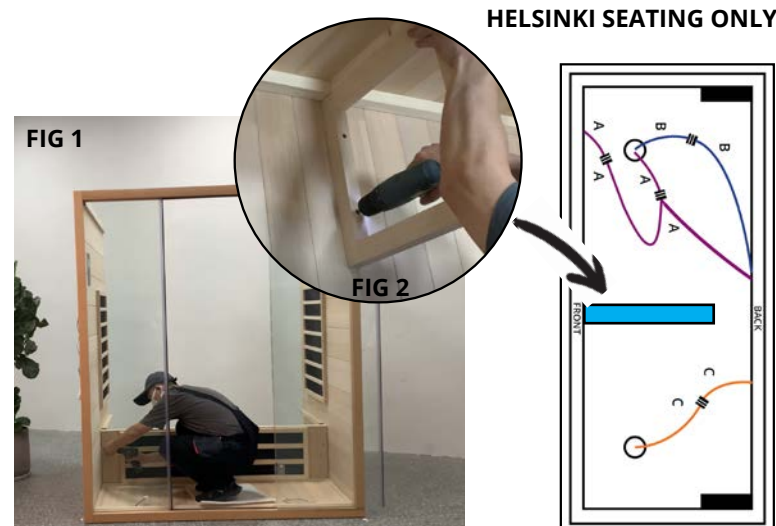
Some images through this manual may vary from your sauna

1. Place the base close to the desired end location. You will need to leave space around each side for access. Locate the front glass wall and position this into place.
2. While one person holds the front wall in place, position the left hand side in place and lower it onto the front wall using the metal clasps.



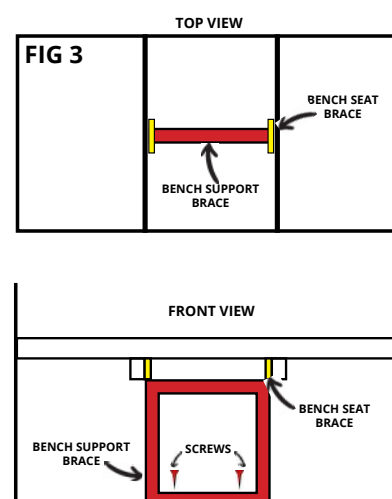
Repeat this step on the right hand side.

3. Slide the bench heater panel down into place following the support guides on the side walls, secure on the sides using the 4*40mm screws (FIG 1). The heater grill should face towards the front of the sauna. For the Helsinki, install the bench support beam in the center of the bench heater using 2x 4*40mm screws as pictured (FIG 2). For the Copenhagen, install the bench seat brace as pictured (FIG 3).



HELSINKI SEATING ONLY

COPENHAGEN SEATING ONLY

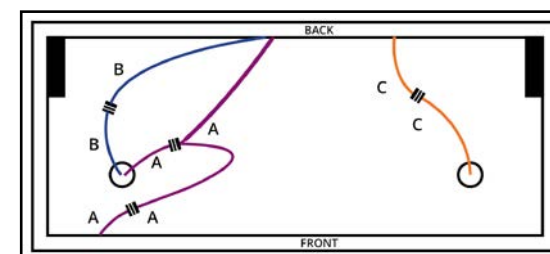


4. Install the bench seat braces to combine the two bench seat segments together and place it over the bench heater, do not secure this in place yet.



5. Position the back wall near the back of the sauna and connect the four sets of cables behind the bench heater panel displayed below. Secure the back panel to the left and right side walls using 3x 6*55mm bolts on each side.

TIP: Sometimes cables can be stuck in the holes of the wall. If one seems to be missing, double check inside the wall panel or floor panel holes.

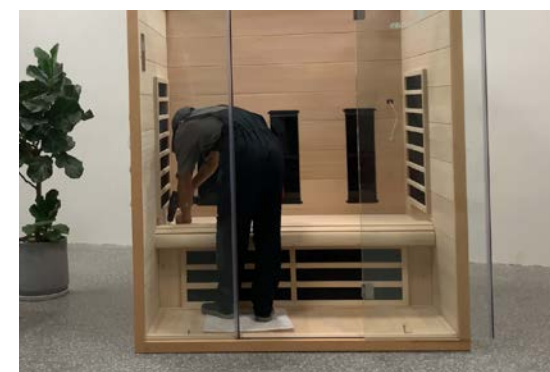


6. Install the 2x metal brackets using the 3*30mm screws to secure the front panel to the side walls.



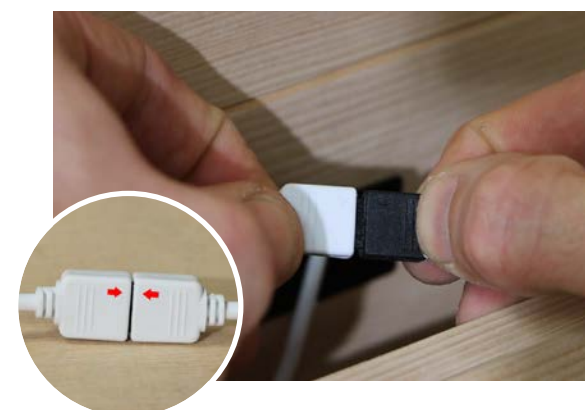
7. Secure the bench seat over the bench heater and fix each side down using 2x 4*40mm screws. A long screw driver may be required to screw downwards as the side panel heater can get in the way.

Locate the back rest and position it against the back wall, making sure the LED light strip is at the top. The base of the backrest should be sitting 2 slats past the pre-drilled screw hole on the bench seat.



8. Attach the LED plug on the top right hand side of the back rest and push any excess cable into the hole in the wall. Don't push the plug through the hole as it will be hard to remove if required. Secure the backrest in place using the 6*55mm screws using the pre-drilled holes.

TIP: Make sure the arrows on the plugs are facing each other.



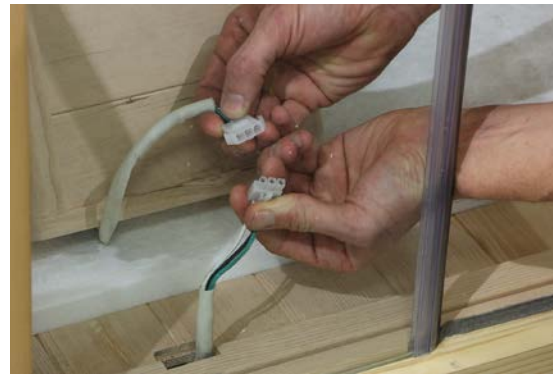


- 9.** Attach the door handles together (through the glass door frame) using the 6*75mm door screws provided. The wooden handle should be on the inside of the door (inside the sauna) to avoid it getting hot.



- 10.** 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.

TIP: Once the cables are plugged in, you may need to push the excess cable down into the floor to prevent the excess cable becoming pinched or visible.



- 11.** Next, make sure all the cables are on the outside of the walls. Locate the roof and orientate it so the vent is in the back right hand corner of the sauna. Gently place it in position, making sure no cables are being pinched. Secure it in place using the 4*40mm screws in the pre-drilled holes.

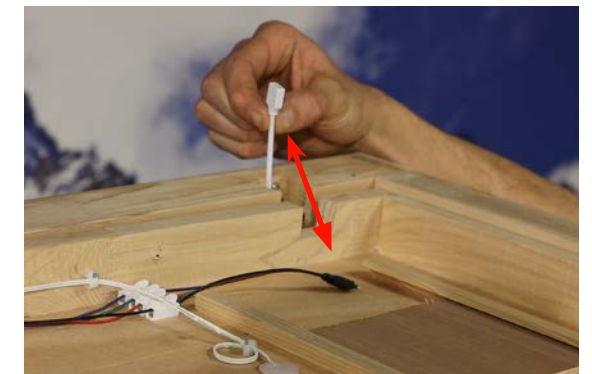


- 12.** Plug in all the black heater cables into the controller. These will have lettered labels on the collar of the plug which correspond to the controller plugs.



- 13.** Plug in the control panel cable into the 'CONTROL' input. Carefully attach the white LED cable in the back right hand corner, into the black LED cable.

TIP: Make sure the arrows on the plugs are facing each other.



- 14.** Before moving forward, it's advised to plug in your sauna and make sure all heaters and lights work as expected.

Position the roof cover in place, making sure the vent & controller cut-outs are at the rear. Pull the power cable through the circle cut-out. Secure the roof cover using the 3*15mm screws.

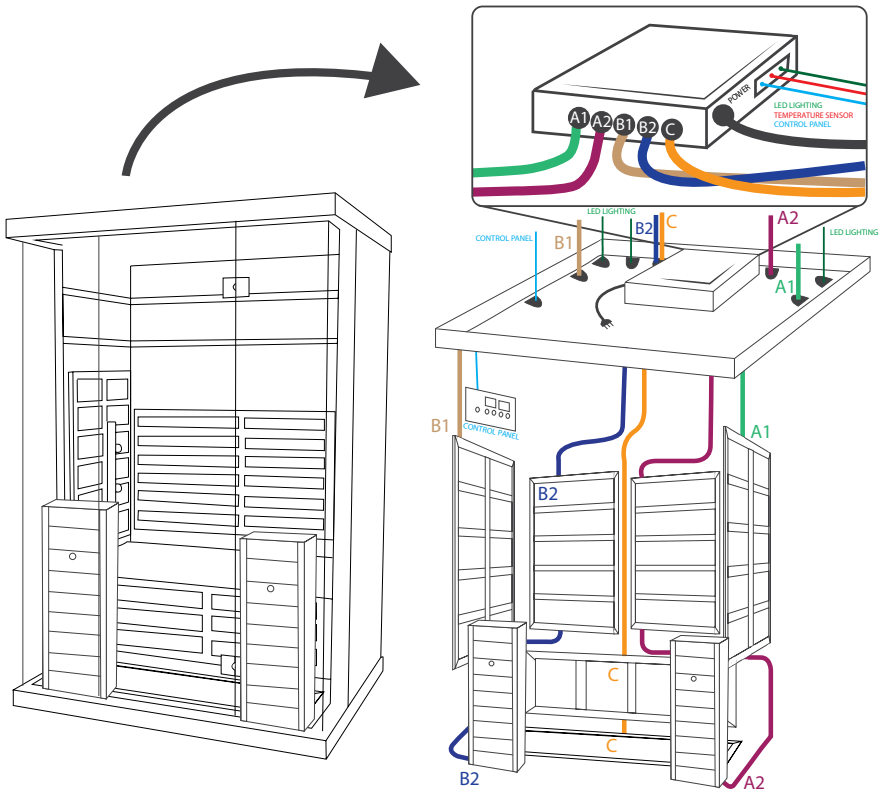


- 15.** Gently slide the sauna into position and plug it in.

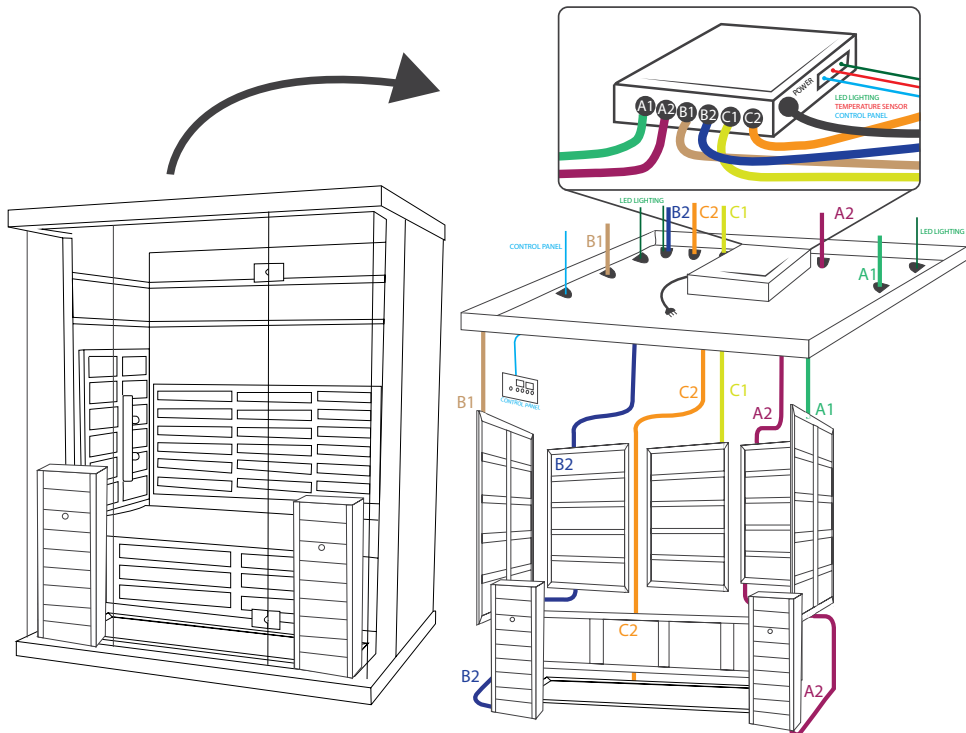




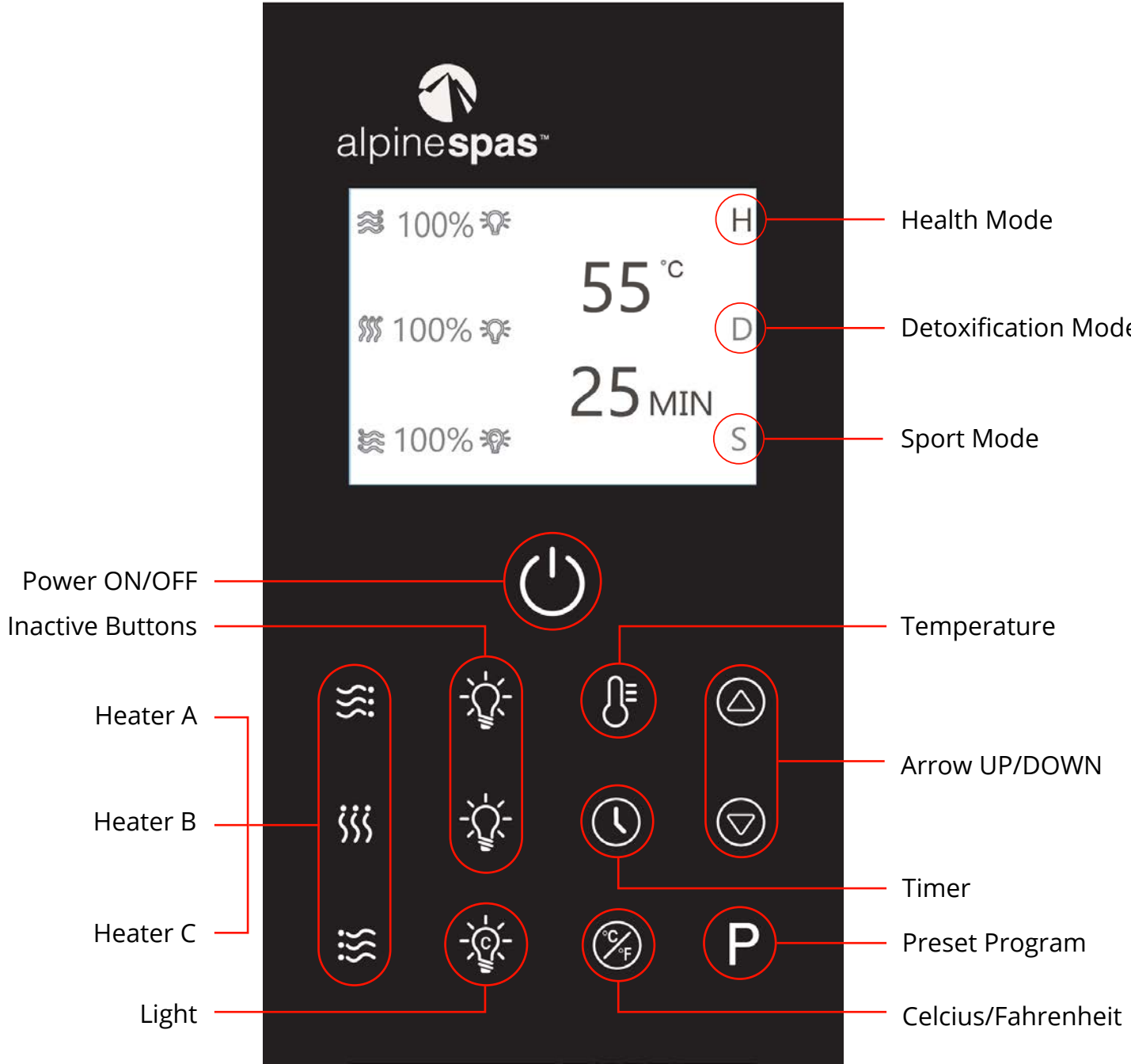
Copenhagen:



Helsinki:




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.

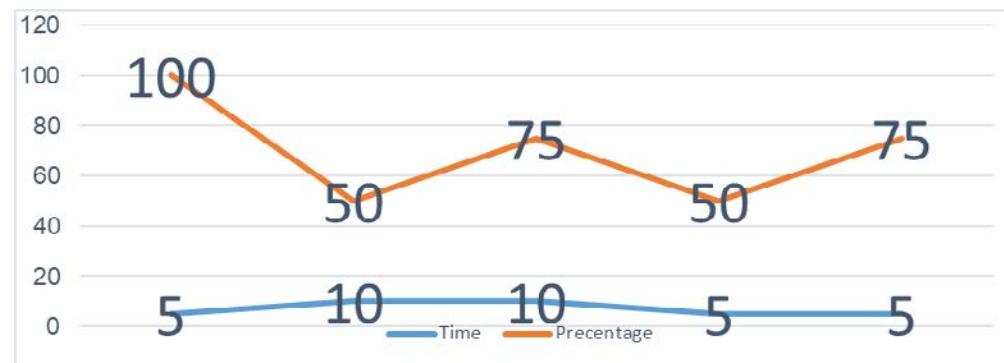


7. PRESET PROGRAM MODE

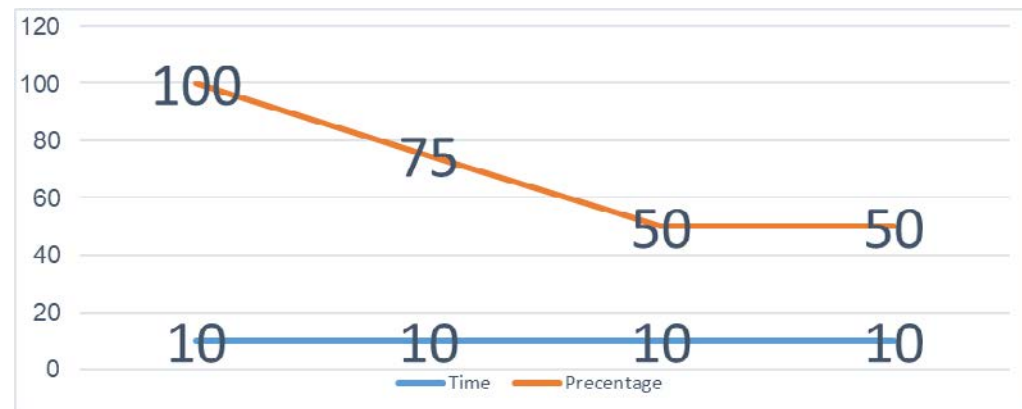
The system has 3 preset programmes which automatically set the time and the percentage of the heaters. Each mode is specially designed to gain the most out of the sauna depending on your intended use.

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

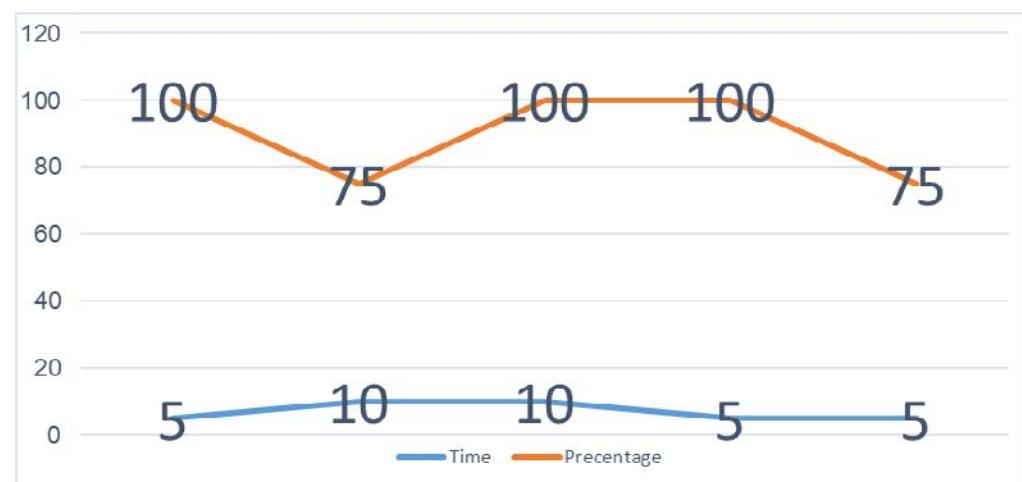
Health Mode



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.

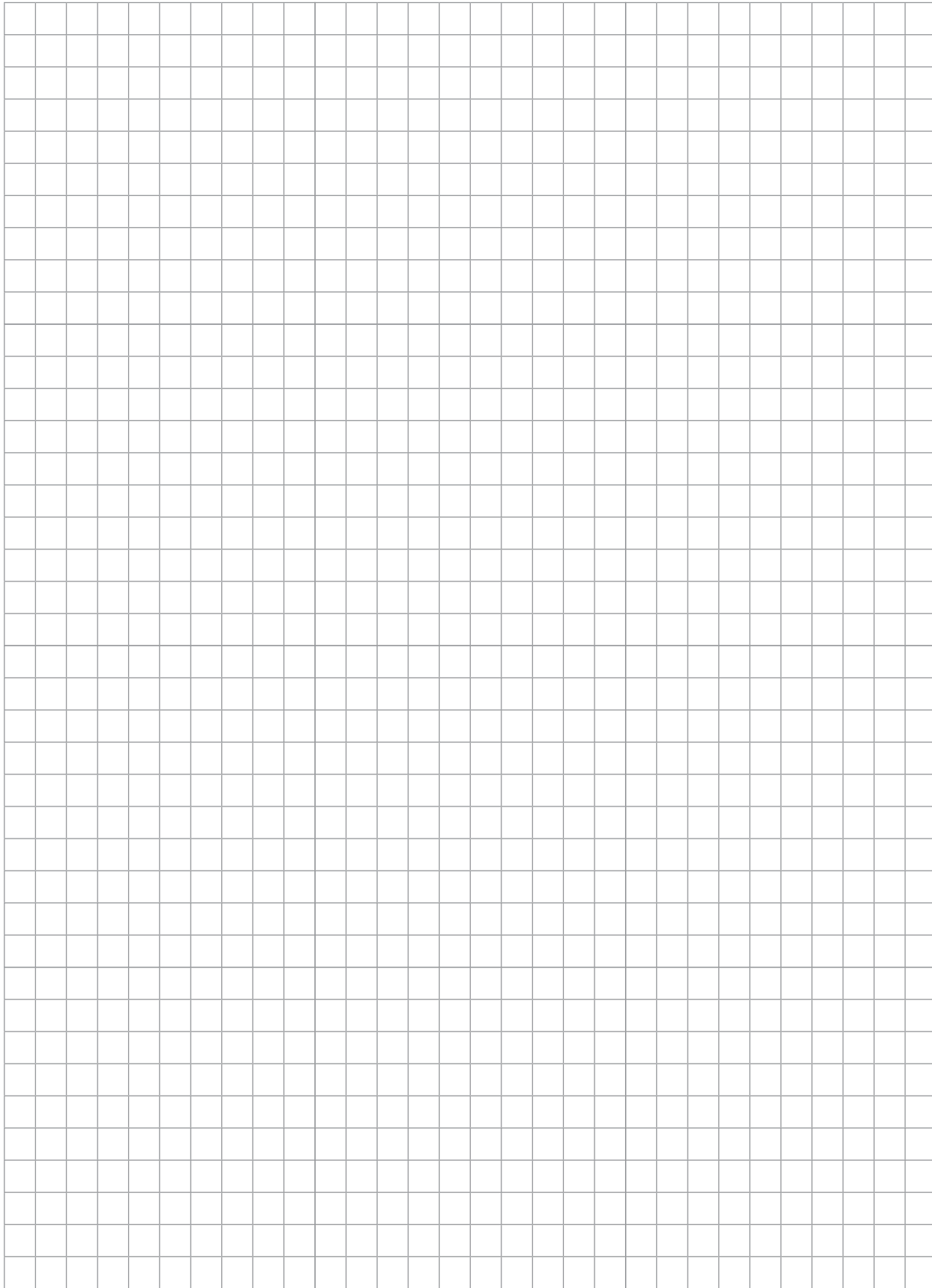
Use furniture polish to clean the exterior. Do not wet the exterior with water.

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



Notes



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 and also the outdoor sauna user guide visit:

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

OR

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