



# Oslo Sauna

## Assembly & User Manual

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## IMPORTANT SAFETY & OPERATIONAL CAUTIONS



**PLEASE READ ENTIRE MANUAL THROUGH BEFORE PROCEEDING WITH INSTALLATION.**

### SAFETY



**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.**

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.
10. 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 it's new location.**



All natural wood articles have variations in the color, grain, and irregularities such as knots, and fine cracks. These characteristics are a part of the natural beauty of the wood, and in no way should be considered defective.



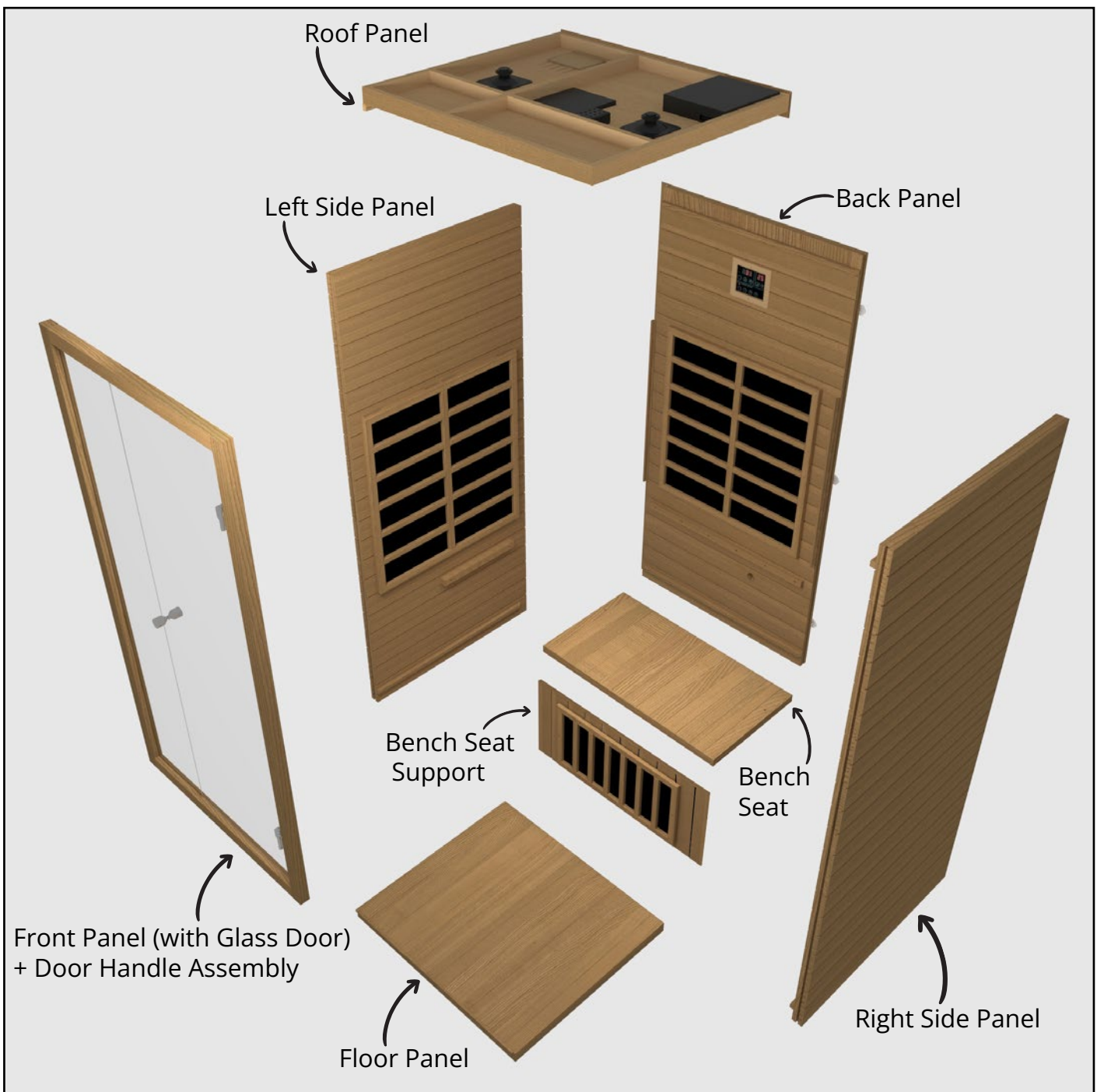
## PARTS CHECK

This sauna uses pre-installed latches to help piece it together so minimal tools are required other than a phillips screwdriver.

### Installation Parts

Roof Screws: 4pc 4\*40mm

Bench Seat Screws: 2pc 4\*40mm



## INSTALLATION REQUIREMENTS

1. Your sauna can be plugged into a regular house socket but will draw close to 10A. Try to plug into a socket on an electrical circuit that is not shared with other large appliances.
2. Install the sauna on a hard, level surface.
3. If the floor surface is damp or cold, install a form of insulation between the bottom of the sauna and the ground such as rubber matting.
4. Do not store flammable objects or chemical substances near the sauna.
5. The sauna must only be placed indoors and never outside.
6. 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.
7. We recommend two persons to assemble the sauna.

## ASSEMBLY INSTRUCTIONS

1. Simply place the floor panel on a flat level surface.





2. Place the back panel up against the rear side of the floor panel.



## ASSEMBLY INSTRUCTIONS

3. Place one of the side panels up against the side of the floor panel and latch to the back panel.

Latch back panel to side panel. (Latches on the outside of the sauna.)



4. Place the remaining side panel up against the floor panel and latch to the back panel.



## ASSEMBLY INSTRUCTIONS

5. Slide down the Bench Seat Support panel by lining up its sides with the vertical guides on the inside of the side walls. Make sure the heater grill is facing towards the front of the sauna. Push the Bench Seat Support panel all the way down until it's touching the floor panel and securely in place.

Plug the heater cable into the outlet from the rear wall. The outlet from the rear wall may need removing from the hole.





6. Place the Bench Seat inside the sauna on the provided supports, be sure to push the bench seat firmly against the rear wall panel. Screw the bench seat into the left and right supports using 2x 4\*40mm screws. There are two pre drilled holes located at the back of the Bench Seat to guide the mounting screws.



## ASSEMBLY INSTRUCTIONS

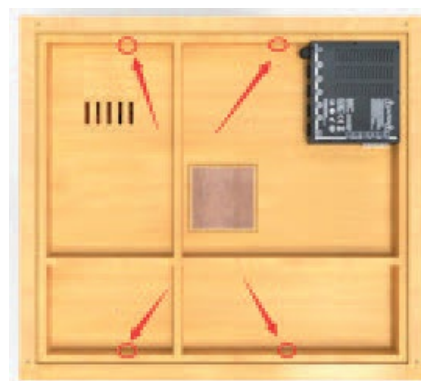
7. Place the Front Panel onto the sauna and secure with the side latches. Install the Door handle onto the door, using the pre-drilled hole in the glass.

Latch Front panel to side panel. (Latches on the outside of the sauna.)



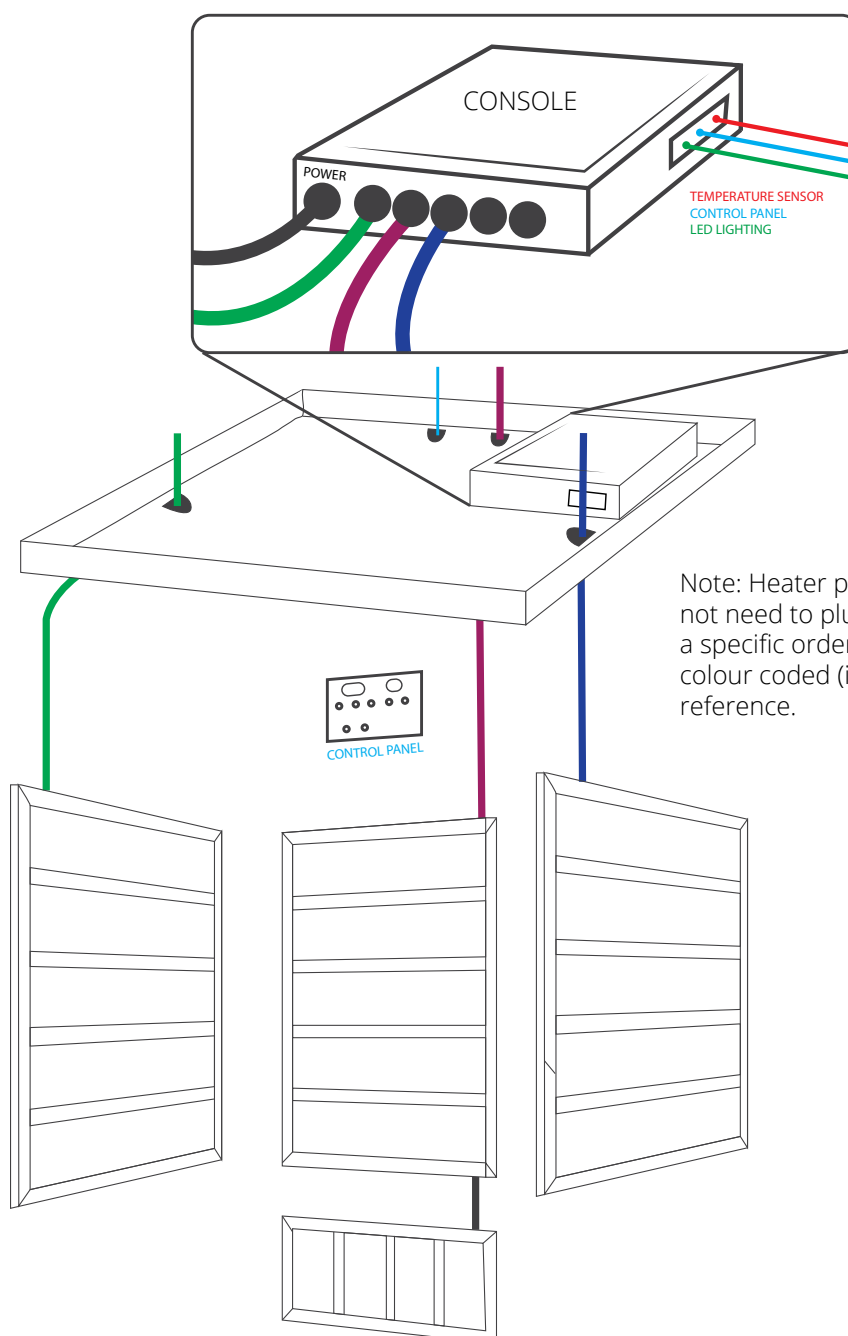


6. Simply lift the Roof Panel onto the top of the sauna. Pass the heater cables through the provided slots before securing the fit. Fix the roof to the side panels with the remaining 4\*40mm screws.



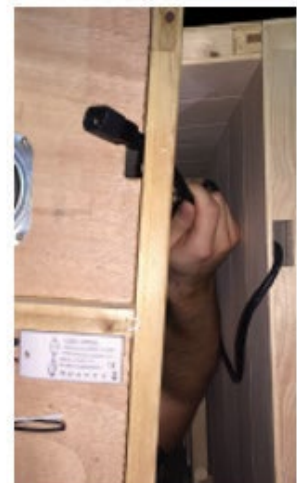
Use 4\*40mm screws to screw the roof panel into the side panels in the locations marked above. Apply pressure downwards while screwing in the roof.

9. The diagram below shows a breakdown of each wall panel and the respective cables that need to be plugged into the console. Feed the cables up through the provided holes in the lid as shown, to allow the lid to sit flush.

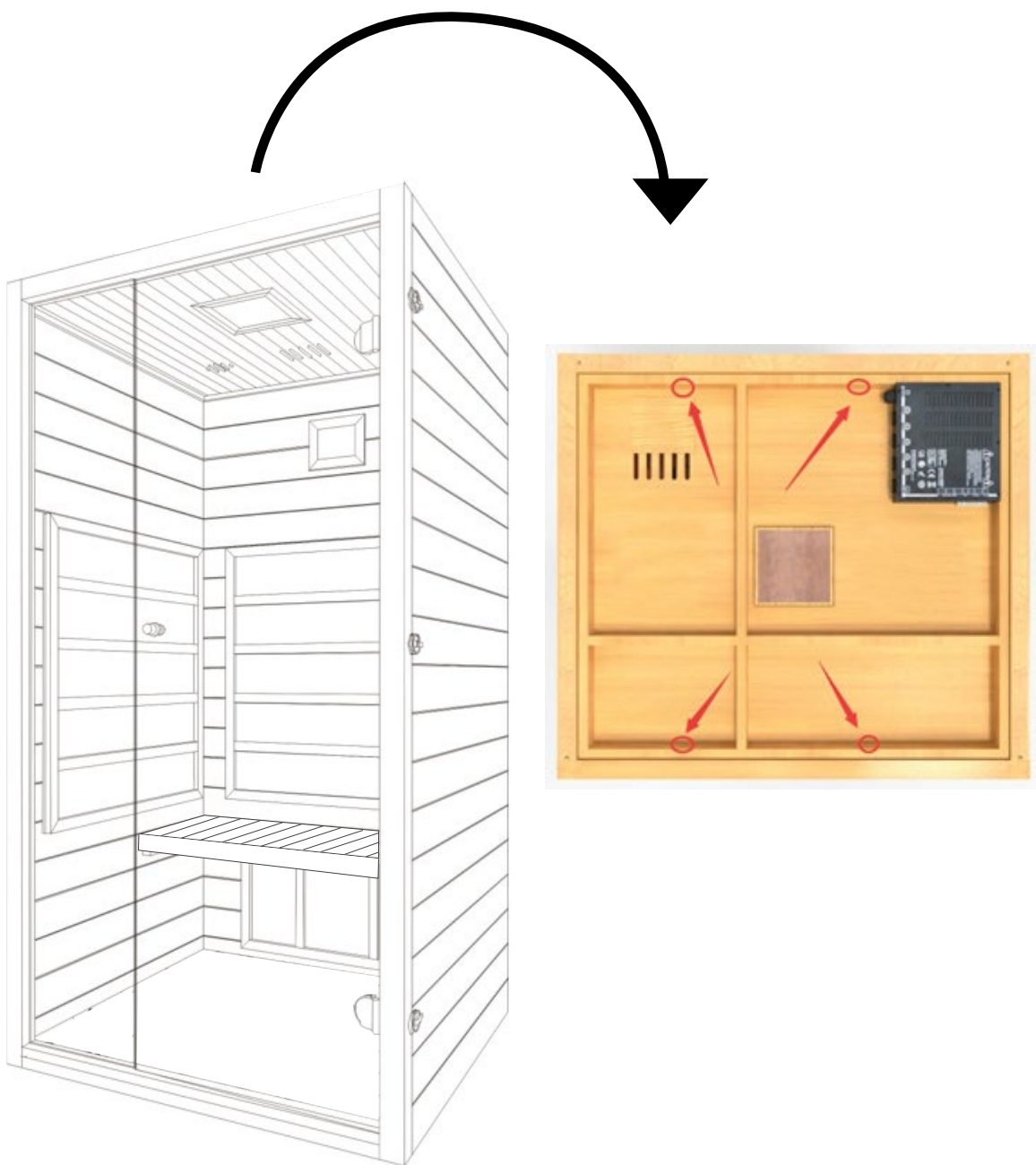


Note: The lighting and thermometer cables are already plugged into the console.

Note: Heater panel cables (black plugs) do not need to be plugged into the console in a specific order, however they have been colour coded (in this guide only) for your reference.

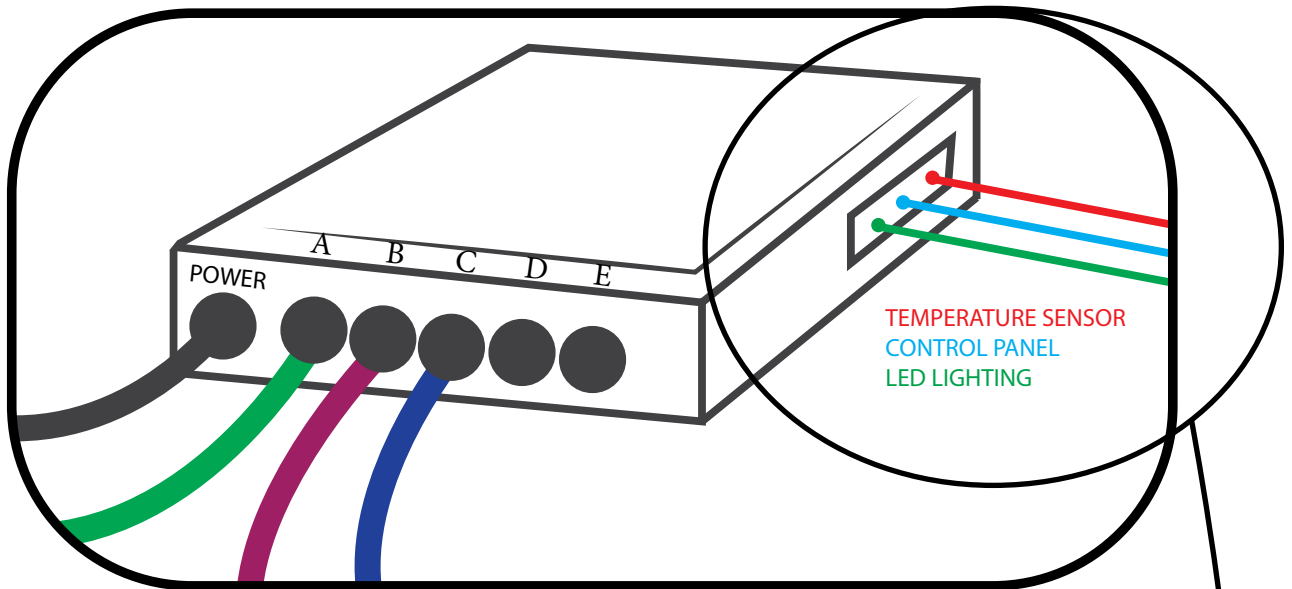


- 10.** Use 4\*40mm screws to screw the roof panel into the side panels in the location marked below. Pressure may need to be applied downwards while screwing in if the roof is bowed.

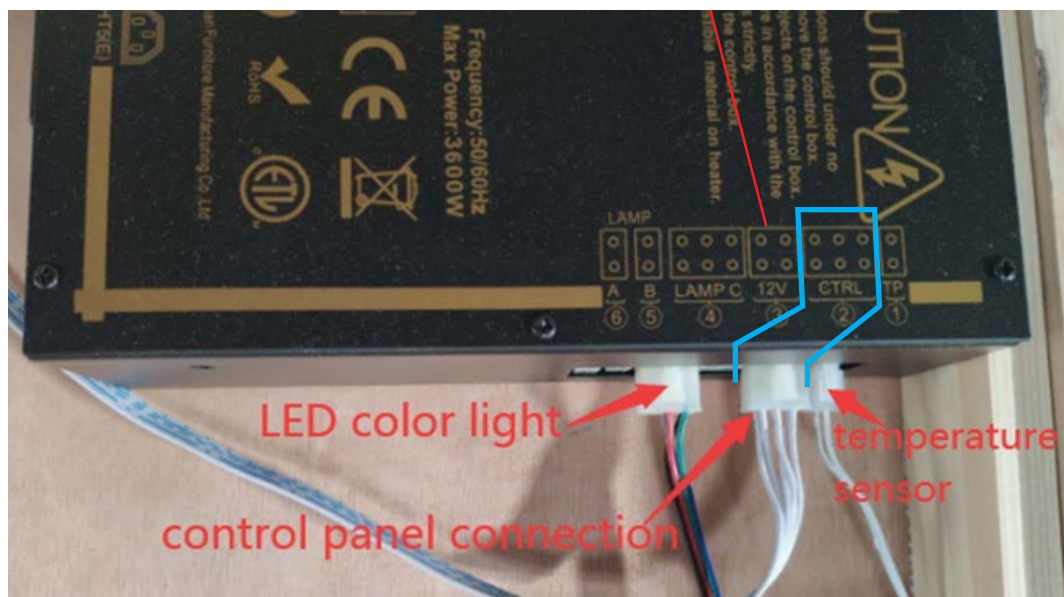


## ASSEMBLY INSTRUCTIONS

11. Plug the heater panel cables (black plugs) into the sockets on the console A B C, in any order.

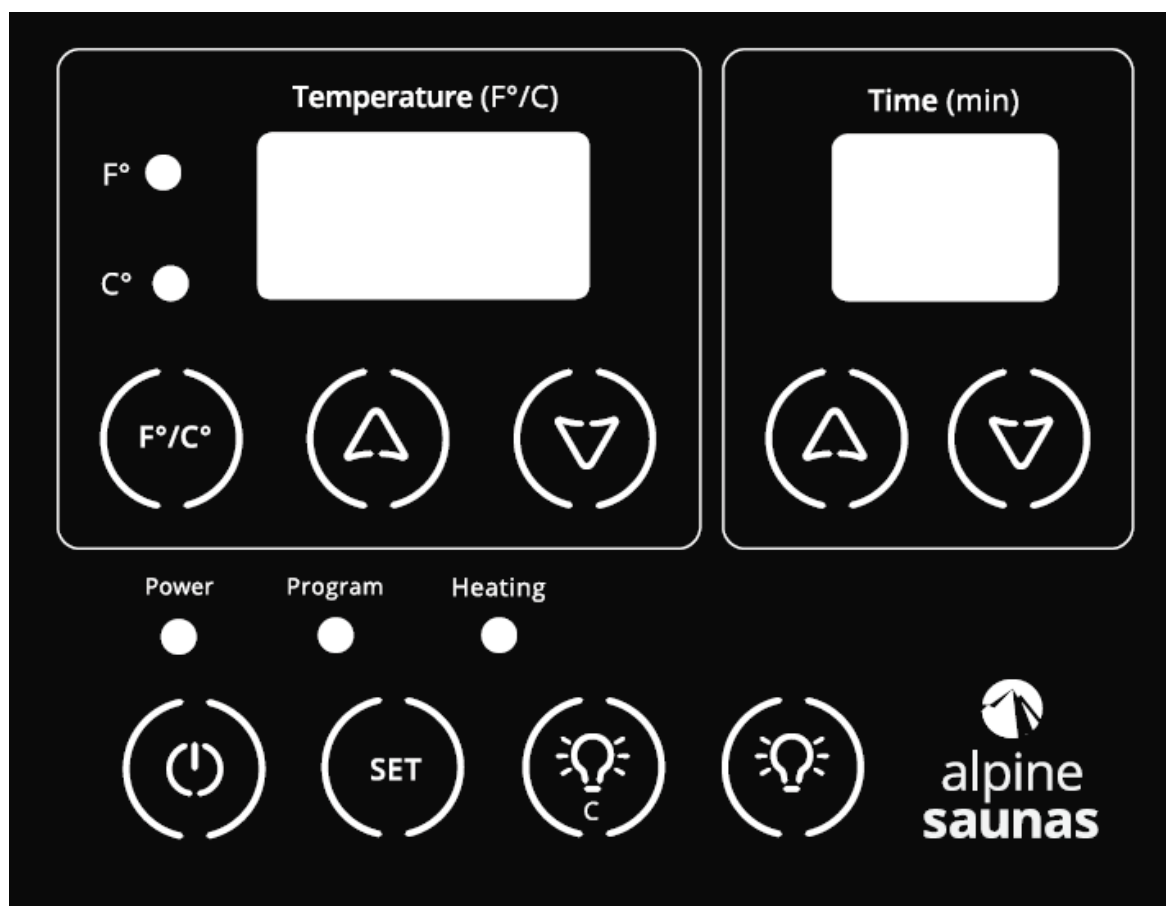


Next plug the control panel cable you also fed up through the lid from the back wall (white plug), into the smaller provided socket on the side of the console. This is a 6pin socket marked CTRL (2) on the top of the console as per photo below.



## CONTROL PANEL OPERATION


### Overview of Control Panel



### BASIC OPERATION


#### 1. Powering on

Plug the main power cord into the wall outlet.

Press the “Power” button once. 

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

#### 2. Turning on the Heaters

Press “Power” button again. 


The “Heating” light will turn on, which indicates the heaters are active.

#### 3. Lighting

Interior and Exterior lights are controlled separately via different buttons on the control panel.

Press the “Exterior Lights Button” to turn the exterior lights on/off. 

Press and hold the “Interior Colour Lights Button” for 3 seconds to activate the interior colour lights. 

Cycle through the available colours/options by repeatably pressing the “Interior Colour Lights Button”. The last option in the cycle is ‘auto’ mode which will ‘step’ through the colours in a cycle. 



## PROGRAMMING THE CONTROL PANEL

### Temperature Adjustment

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 in a warm room where possible. )

Press temp “UP/DOWN ARROWS” to adjust temperature. Temp value will increase or decrease by 1 degree at a time (hold down the buttons to speed up the increments).

5 seconds without adjustment will exit the temp adjustment mode.

Once set, the temp display will show the current actual temperature inside the sauna.

Heating light ON indicates heating. Once desired temperature is reached, heater will be managed (turned on/off automatically) to maintain the set temperature. Set temp will be stored in memory and will be displayed at next startup.

### Session Time Adjustment

Sauna session timer can be set between 0 to 90 minutes.


Press the time “UP/DOWN ARROWS” to enter the time adjustment mode and allow you to set the session time. Time value will increase or decrease by 1 minute at a time (hold down the buttons to speed up the increments).

5 seconds without adjustment will exit the time adjustment mode.

Once set, the timer display will show the remaining minutes until the session ends and the heaters turn off.

### Pre-Setting (Turning on the Sauna at a Desired Time)

To pre-set a time for the sauna to turn on and start heating follow these steps:

1. Press “SET” once. 
2. Use both the TEMP (to change hours) and TIME (to change minutes) “UP/DOWN ARROWS” to set a range within 00:00-23:59.
3. No further action required. The system will begin heater after the set time has elapsed. (e.g. Setting it to ‘4:00’ at 8AM would start the sauna heating up at 12:00PM)

### Changing between Fahrenheit and Celsius

Simply press the F/C button to switch between temp options.



## 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. Hydrate yourself.
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 & 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.

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## CONTACT INFORMATION

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

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|----------------------------------|----------------------|
| <b>service@alpinespas.co.nz</b>  | <b>0800 99 33 88</b> |
| <b>service@alpinespas.com.au</b> | <b>1800 99 33 88</b> |

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