



Near Infrared  
Single Light Panel  
**OPERATION MANUAL**

For your safety and continued enjoyment of this Product, always read the Operation Manual carefully before using.



# SAFETY PRECAUTIONS

---

## OPERATION PRECAUTIONS

Keep this Operation Manual for future reference.

Initially limit sauna session frequency to 1 per day and session duration to 20 minutes.

Turn on Light Panel only if you will use the sauna immediately or to preheat immediately prior to use.

Turn off Light Panel immediately after use.

Always maintain a distance of at least 18 inches between your body & limbs and the operating lamps of the 3 Light and 4 Light Panel. With the Single Light Panel, desired area of body 12" to 24" from the lamp

Do not expose any one side of torso to operating lamps for too long by rotating torso 90 degrees every 2-5 minutes during the sauna session.

Remove bulbs before moving, assembling, disassembling or servicing sauna.

Avoid direct water, liquid or metal contact with lamps. Unexpected lamp rupture may cause injury, fire, or property damage.

**RISK OF FIRE.** Keep combustible materials including Sauna Cover away from lamps.

**RISK OF BURN.** Do not touch operating lamps.

**LAMP EMITS IR RADIATION WHICH MAY CAUSE EYE INJURY.** Do not stare directly at operating bulbs. Do not use on infant, disabled, sleeping, or unconscious person or any person unable to avoid potential injury.

Do not use this sauna if you are impaired in any way by alcohol or illicit drugs. Do not consume alcohol or drugs during sauna use.

## ELECTRICAL PRECAUTIONS

Do not plug into an overloaded circuit, or an ungrounded circuit.

Do not touch Light Panel nor its power cord if you are wet.

Route power supply cords so as to keep them from being walked on or damaged.

**POWER SUPPLY REQUIREMENTS.** Light Panel is intended only for use with a 3-wire power socket that is properly grounded. 3 Lamp Light Panel is rated for 750W and 4 Lamp Light Panel is rated for 1000W. The Light Panel Products may only be operated in minimum 13A (maximum 20A) grounded electrical supply circuit with 50/60Hz 110-240VAC voltage .

**POWER SUPPLY VOLTAGE.** Use 120V-rated heat lamp bulbs only in countries with 110-120V power supply & use 240V-rated heat lamp bulbs only in countries with 220-240V power supply.

**INSPECT POWER CORD.** Always inspect power cord and Light Panel itself including lamp sockets, switch and lamp guard for damage before operating Light Panel. If any parts of Light Panel appear to be damaged, immediately turn off Light Panel and unplug from power source. Contact SaunaSpace® Customer Service for repair and/or replacement.

## MEDICAL & HEALTH PRECAUTIONS

Consult your health care provider prior to using this product.

**PREGNANCY.** Do not use the sauna if you are pregnant.

**IMPLANTS.** Consult your health care provider regarding use of the sauna if you have any type of implant.

**PRESCRIPTION MEDICATION.** Consult your physician prior to using the sauna if you take prescription medication.

**CHILDREN.** Children should not operate Light Panel nor enter sauna without proper adult supervision and approval of their health care provider.

**DANGER OF HYPERTHERMIA.** Do not allow your body's core temperature to exceed 103°F (39.4°C).

**HEALING REACTIONS.** They occur with sauna use and are temporary symptoms that occur as toxic substances are eliminated and chronic infections heal. Symptoms vary, but mild odors, tastes or rashes are very common and usually pass quickly. Some people feel great fatigue after sessions and this is normal. Some people have bowel changes, aches, pains or headaches.

# DISCLAIMER

---

Always consult a health care provider who is knowledgeable in sauna use before using a sauna. Saunas are powerful devices and monitoring your progress by a professional trained in sauna use is always advisable.

Sauna therapy can be dangerous and even fatal for some people under some circumstances. If you are considering sauna therapy, you must first seek the advice of your health care provider about sauna therapy and should also become educated as to the proper use of sauna, preparations for doing sauna therapy, as well as fully understanding the risks involved in sauna therapy.

Risks include, but are not limited to, cardiac failure, stroke, fainting, headache, nausea, weakness, rashes, hot flashes, dehydration, exacerbation of neurological symptoms, and even death. Variables of sauna therapy such as health condition of user, duration of sauna therapy, proper hydration, electrolyte and mineral balance and restoration must be properly considered and heeded before proceeding with sauna therapy.

SaunaSpace LLC (hereafter "SaunaSpace®") Products (hereafter "Products") are not registered with the United States Food and Drug Administration (FDA) as a Medical Devices. Consult your licensed health care provider to see if the SaunaSpace®'s Products are right for you. SaunaSpace® and/or its partners, associates, etc. are not liable for the use of SaunaSpace® Products nor any incidental or consequential damages. Under no circumstances shall SaunaSpace® Products or any of its representatives be held liable for injury to any persons or damage to any property. Some states do not allow exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you.

The FDA requires us to inform you that this Product is not intended to diagnose or treat any disease or medical problem and is not a substitute for regular medical care from a licensed physician.

# TABLE OF CONTENTS

---

## 3 SAFETY PRECAUTIONS

Operation Precautions  
Electrical Precautions  
Medical & Health Precautions

## 5 DISCLAIMER

## 7 SAUNA THERAPY

Why Sauna Therapy?  
The Near Infrared Advantage

## 8 SPECIFICATIONS

## 9 SETUP

### 9 ATTACH PANEL CLAMPS

### 10 INSTALL BULBS

## 11 SINGLE LIGHT USE

General Single Light Use  
Use Outside Pocket Sauna®  
Use Inside Pocket Sauna®  
Single Light Precautions

## 13 PRODUCT CARE

## 14 LIFETIME WARRANTY

## 15 RETURNS & REPAIRS

## 18 CONTACT US

# SAUNA THERAPY

---

## WHY SAUNA THERAPY?

Throughout history, humans have used sauna therapy, also known as hyperthermic therapy, as a safe and powerful means of detoxification. Sauna therapy heats the body, dramatically increasing blood-flow to the vital organs and skin, unlocking even hard to reach toxins. Sweating during vigorous exercise can raise the body temperature, but the “fight or flight” (sympathetic) state decreases deep organ blood flow. When you work-out you sweat, but you don’t detox much at all. Only in a “rest & digest” (parasympathetic) nervous state will sweating result in detoxification. Like sweating in a sauna.

## THE NEAR INFRARED ADVANTAGE

Near infrared (NIR) sauna therapy has the power to change your body and mind. The beneficial effects positively impact acute and chronic infections, skin rejuvenation, the immune system, aging and longevity, and more.

### DEEP TISSUE PENETRATION

Higher energy NIR light (versus lower energy far infrared) can penetrate up to 9 inches into the body reaching even internal organs. NIR lamp therapy provides improved cellular healing and energy compared to far infrared emitters, an important difference. Toxin protection, anti-inflammation and pain relief are additional benefits.

### PHOTOTHERAPY

Specific wavelengths of near infrared light are absorbed cellular receptors, directly activating healing and detoxification processes in the cells and tissues.

### SAFETY & EFFICIENCY

Incandescent near infrared heat lamps are both ultra-low EMF and energy-efficient. NIR Heat Lamps provide the therapeutic effects inherent in the NIR band of natural sunlight, but without the harmful ionizing UV radiation.

### ROTATION PROTOCOL

Rotating the body in our sauna allows for more even heating of the body and a more balanced sweat response, as well as better circulation by forcing the body to shunt blood from one side of the body to the other.

# SPECIFICATIONS

---

Brand: SaunaSpace®

MPN: 56171001    Weight: 4.375 lb (1.98 kg)    Wood Species: Basswood

## PANEL DIMENSIONS

Width: 13.6 in (34.6 cm)

Height: 7.5 in (19.5 cm)

Depth: 9 in (22.9 cm)

## BASE DIMENSIONS

Width: 12.5 in (31.75 cm)

Height: 10.9 in (27.7 cm)

Depth: 1 in (2.6cm)

## ELECTRICAL INFO

Voltage: 110-240 VAC

Amperage: 2.1 A

Wattage: 250 W

Frequency: 50-60 Hz

Plug Type: B (USA), F (EURO), G (UK); I (AU/NZ) or J (SWISS)

Power Cord Length: 12 ft (3.7 m)

All electrical components UL-listed.

This product is CE-certified.



## PART LIST

#	Part
1	Single Light Panel
1	250W (120V or 240V) Heat Lamp Bulb
2	TurnKey Mounting Clamp
1	Base



# SETUP

---

## ATTACH PANEL CLAMPS

**NOTE: Optional, only necessary for use clamped to Pocket Sauna® Frame Pole or other pole.**

Install Clamps into Light Panel's Bracket Slots as shown:

1. Rotate TurnKey counter-clockwise to loosen until bare end of Clamp Strap is released from TurnKey screw.
2. With TurnKey pointed toward Light Panel, insert bare end into Bracket Slot.
3. Close Clamp by inserting bare end into TurnKey Screw and rotating TurnKey clockwise.

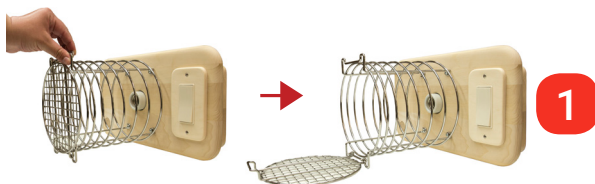


# INSTALL BULBS

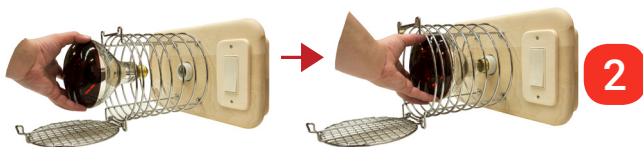
## CAUTION

Take care not to cross-thread bulbs during installation, which may result in damage to the heat lamp and/or socket.

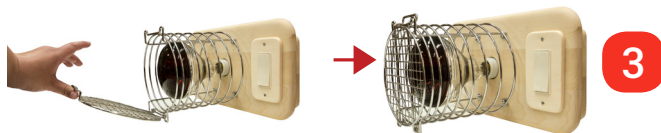
1. Open Door fully by pulling on latch and pushing against adjacent wire tabs.



2. Insert bulb as shown and carefully thread clockwise into socket.



3. Close door and ensure latch snaps onto guard body securely.



## US, Canada, Japan, Taiwan, other select countries:

Only use 120V-rated heat lamp bulbs.

## UK, Europe, Middle East, Asia, Australia, most other countries:

Only use 240V-rated heat lamp bulbs.

SaunaSpace® stocks both 120V and 240V heat lamps for wherever you'll use your SaunaSpace® Products, available at [saunaspace.com](http://saunaspace.com).

# SINGLE LIGHT USE

---

## GENERAL SINGLE LIGHT USE

### **DURATION**

Use the lamp 5 to 60 minutes per session.

**When pointing at head (ears, sinuses, etc.), use no more than 10 minutes at a time, and maximum 5 minutes for children.**

### **FREQUENCY**

Up to 10 times per day.

### **SUPERVISION**

The presence of an attendant or friend close by is recommended if you have any type of health condition.

## OPERATION OUTSIDE POCKET SAUNA®

### **CLEARANCE**

Sit with desired area of body 12" to 24" from the lamp

### **MOVEMENT**

Move the lamp around the area during the treatment.

Allow the area to become as hot as one can comfortably tolerate.

If the lamp is fixed, move the body slightly.

Keeping the lamp on one spot for more than a few minutes causes a slight reddening of the skin that will go away and is

not harmful.

Do not touch the lamp and do not keep it on one spot if you feel a burning sensation.

### **TURN OFF**

Remember to turn off Panel after use.

## OPERATION INSIDE POCKET SAUNA®

### **INSTALLATION**

Clamp to one of the vertical frame poles under or above existing Light Panel, using provided clamps threaded into receiving brackets on rear of Panel. Refer to page 17 for Clamp Installation Details.

### **CLEARANCE**

Sit as normal with 18" to 30" clearance from 4 Light Panel

### **TURN OFF**

Remember to turn off Single Light Panel and 4 Light Panel after use.

## SINGLE LIGHT PRECAUTIONS

**Never use lying down without supervision; always use while seated and awake.**

Close the eyes when directing the lamp at the eyes, nose or sinuses.

Do not use the lamp on an injury for the first 24 hours following the injury.

Avoid touching the guard face during operation.

Always place Panel on included base when setting it on a horizontal surface.

# PRODUCT CARE

---

## LIGHT PANEL

Unfinished wood must be protected from sources of water and conditions of high humidity.

# LIFETIME WARRANTY

---

SaunaSpace LLC (hereafter referred to as "SaunaSpace®") recognizes that certain natural materials components such as wood, cotton and steel used in its Products (hereafter referred to as "Products") have naturally occurring blemishes, discolorations, minor imperfections, knots and irregular character and grain. These naturally occurring irregularities are not considered defects in materials for the purpose of this warranty, providing they do not adversely affect the functionality of the Product.

SaunaSpace® warrants to the original consumer purchaser that its Products will be free from defects in materials and workmanship appearing under normal individual consumer use. This warranty does not cover damage to Products caused by abuse, acts of God, mishandling, unauthorized repair or your failure to consult a licensed health care provider regarding proper use of this product. This warranty specifically excludes heat lamp bulbs.

THIS WARRANTY IS IN LIEU OF ALL OTHER EXPRESS WARRANTIES; AND ANY IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE, ARE LIMITED TO THE DURATION OF THIS WARRANTY. IN NO EVENT WILL SAUNASPACE® BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES.

Some states do not allow limitations on how long an implied warranty lasts and/or the exclusion or limitation of incidental or consequential damages, so the above limitation and/or the above exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. As its sole responsibility and your sole remedy for any warranted defect, SaunaSpace® will repair or replace any defective part of its Products, containing a warranted defect, free of charge, and with notification within a reasonable period of time (but no longer than 6 months) following the discovery of such defect.

# RETURNS & REPAIRS

---

## 100 DAY TRIAL

**You have up to 100 days to test your SaunaSpace® Product and decide if it suits you.**

### **FREE RETURN SHIPPING IN USA**

We think you'll keep it. But if not, you can return it during the 100 Day Trial for a 100% refund.

As long as the SaunaSpace® Product is still in "like new condition" we will refund the purchase price.

If you roughed it up a bit, that's okay. We may deduct a proportional amount from the refund to cover the cost of repair of the damaged component.

### **Return shipping fee for all international destinations:**

equivalent to the actual cost to return-ship.

Claims for items missing or damaged in transit must be received within five (5) business days of receipt of product.

You may either exchange the product for the same product or receive a refund for amount of the purchased product. Refunds on returned products will be issued in the same payment form as tendered at time of purchase. Payments made by credit card will be reimbursed to your account after we receive and inspect the item. Please allow 7-14 days for a credit to appear on your credit card statement.

# HOW TO RETURN OR EXCHANGE YOUR PRODUCT?

## **1. Email us, describing your reason for return/exchange & your desired return method, DROP-OFF or PICKUP**

### **EMAIL**

sales@saunaspace.com

We will email you pre-paid FEDEX labels for the return ship:

For DROP-OFF at your local FEDEX Office or Customer Center:

- Labels emailed to you may only be used for drop-off
- Drop-off may occur any date on or after labels are received, for up to 10 days.

For PICK-UP at your address:

- indicate the desired pickup date and time window
- pickup date must be at least 24 hours ahead of schedule date
- pickup time window must be minimum 4 hrs, during 8am – 6pm local time

## **2. Pack Return Items Into Boxes**

### **DO NOT RETURN BULBS. KEEP THEM.**

Re-pack the item(s) in its original shipping carton exactly as it was received.

Tape carton(s) securely shut and affix pre-paid labels to appropriate box(s). We email you pre-paid Fedex label(s) for your return shipment(s).

Print the pre-paid FEDEX labels we emailed you and affix pre-paid labels to appropriate box(s).

Please note the dimensions and item descriptions for each label, as each label is meant for the appropriate box size and



weight.

### **3. SHIP**

DROP-OFF at your closest Fedex location or wait for your scheduled PICK-UP.

### **100 DAY TRIAL RETURN POLICY RULES**

Claims for items missing or damaged in transit must be received within five (5) business days. We are not responsible for lost or damaged packages.

All returned or exchanged items must be in "like-new" condition, in their original shipping carton, and must include all packing material and all parts. Products must be undamaged, unmarred, and unstained.

Goods will be inspected upon return. Identified damages due to user abuse may result in proportional reduction of refund amount.

Please take care to re-pack items exactly as received in order to avoid damage during return shipping. Damage due to poorly packed items are not covered by the included shipping insurance and will be deducted from refund.

SaunaSpace® is not responsible for personal data or items left in returned merchandise.

SaunaSpace® is not responsible for any consequential or incidental damage resulting from the sale or use of any product bought from us. We are responsible for the monetary value of the product only.

## WHAT ABOUT WARRANTIED REPAIRS?

Refer to the LIFETIME WARRANTY Section of this Operation Manual.

All our SaunaSpace® Products are warranted against defects in manufacturing and workmanship under individual consumer use, as per our Lifetime Warranty.

You will pay shipping cost both ways, to us and back to you.

5-10 business days will be required for repair or replacement before your repaired product or replacement product is shipped out to you. All repaired or replacement products will be shipped by ground courier service and a tracking number will be emailed to you once the shipment is in transport.

At our discretion, we may ship out a replacement part in lieu of return-repair. In this case, you pay ship cost to mail the replacement part to you.

Refer to HOW TO RETURN OR EXCHANGE YOUR PRODUCT above to return your Product for repair.

## WHAT ABOUT NON-WARRANTIED REPAIRS?

Rest assured that our Handmade Products are built with strict quality controls and will last many, many years if properly taken care of according to the Product's Operation Manual. For non-warranted repairs, you pay shipping cost both ways, to us and back to you. We may charge an additional fee for return ship to international destinations other than Canada and Mexico.

Refer to HOW TO RETURN OR EXCHANGE YOUR PRODUCT above to return your Product for repair.

# CONTACT US

## WEBSITE

saunaspace.com

## EMAIL

sales@saunaspace.com


## PHONE

toll-free (844) 999-5858, 8am-5pm CST  
Monday-Friday excluding holidays

## SHOP

2206 Nelwood Drive  
Columbia, Missouri 65202  
USA



©2017, SaunaSpace LLC  
sauna space, pocket sauna & the  logo  
are registered trademarks  
of SaunaSpace LLC.

Printed in USA  
Rev. 17CES601

---