



GDI-8330-01 / GDI-8360-01
3 and 6 Person Hybrid Saunas



Owner's Manual

SAUNA IS FOR INDOOR/OUTDOOR USE
240VAC 30AMP/40AMP Circuit Required

Carefully and thoroughly read this Owner's Manual before using/operating the sauna. We recommend keeping this Owner's Manual for regular review and future reference. Follow your local codes and ordinances. The stove heater power requirements do vary among manufacturer. The stove heater must be installed by a certified licensed electrician per the manufacturer's manual. The stove heater must be installed per the electrical code in your area with reference to the breaker and wire sizes. Models are subject to change.

Thank you for your purchase. As you remove the parts from the boxes, be sure to examine them for damages. If your unit has any damages or missing parts, please contact Golden Designs Inc. See the Warranty section for more information.

A Certified Licensed Electrician will be needed to install the electrical wiring. Due to the heat of the sauna, it is required that copper wire with 90° Celsius rating be used. Aluminum wiring cannot be used in this application. Consult with your electrician regarding the electrical requirements in your area. All wiring must be in accordance with all national, state, and local codes and regulations. Your electrician will supply the needed wiring and connections.

Excluding models specifically designed with a shingled roof to be placed directly in the outdoor weather elements, your sauna can be placed either indoors or outdoors. Sauna models without a specific outdoor roofing cannot be placed directly in the weather elements. These models, if placed outdoors, can be placed under a covered structural such as a patio to protect the sauna from the weather elements. Before assembling, make sure the surface in which the sauna will be placed on is level/dry and can support the weight of the sauna and its occupants. We recommend a concrete base or wood deck to support the sauna. If you will be placing the sauna directly on the ground, you must use such materials as concrete cinder blocks or other similar supporting structure to prevent the sauna from settling into the ground over time.

For sauna models with a shingled roof specifically designed to be outdoors in the weather elements, the wood can withstand the weather elements with proper maintenance. The outdoor model saunas with a shingled roof were designed to be placed in the rain and sun. Please note that the natural weathering elements will change the color of the wood over time. For sauna models placed directly in the weather elements, you will have some water seepage. The water seepage will not damage the sauna and usually dries quickly when the sauna is in operation.

The information provided in this Owner's Manual is for informational purposes only and may not be construed as medical advice or instruction. The information is not recommended for any particular treatment and in all cases, it is recommended that you consult with your medical physician before using. This product does not constitute or imply any medical endorsement. The pictures and diagrams shown within this Owner's Manual are representations of this model(s). Actual model may vary.

FOLLOW ALL INSTRUCTIONS AND BE CAUTIOUS OF SAFETY SYMBOLS. All electrical wiring must be performed by a qualified licensed electrician.



High Voltage Symbol: Be cautious as there is the presence of a high voltage current that flows through the equipment!



General Caution Symbol: Be cautious as the equipment uses electrical current that can cause serious injury.

ATTENTION

⚠ WARNING

1. Please read this Operating Instruction Manual thoroughly before use. This will allow the user to become familiar with the operation of the control system. Please keep the Operating Instruction Manual available for future reference. If any technical assistance or repairing is needed, please contact the manufacturer.
2. The steam sauna must be installed indoors or can be installed outdoors within the protection of a structure that includes a water-proof roof protecting it from the outdoor weather elements. The sauna must be installed on water tolerable surfaces such as concrete or tile. When not in use and placed outdoors, a water proof cover **must** be used to cover the sauna room.
3. To reduce the risk of electric shock and/or fire, do not expose the control system to direct water contact or rain. Do not open the cover to the control system as there are high tension fittings that can be dangerous. Only dealer authorized qualified technicians should make any needed or necessary repairs at any time.
4. Any repairs, alterations, or modifications to the control system are not authorized unless by an approved repair technician. Any non-authorized repairs, alterations, or modifications can lead to serious injuries and can cause the unit to work outside its intended specifications parameters.
5. Any non-authorized repairs, alterations, or modifications will void the warranty.
6. Before connecting the unit to a power source, please make sure that all wires, cords, and connections are connected properly.
7. Make sure that the control system is in a well-ventilated and dry area. Do not place it next to any heat source, in direct sunlight, where there is any type of vibration, or in any damp or dusty environment. It should not be place in an area with other thermal-radiating objects.
8. When the equipment is not going to be used for an extended period of time, unplug the unit from the power source.
9. Allow 30 seconds between turning the control system “On” and “Off”. By allowing 30 seconds between powering the control system “On” and “Off” will prolong the life of the unit.
10. Confirm that you adhere to the correct power requirements of the control system.

Connecting the control system to other than the required voltage can damage the control system and possibly cause serious injury. It is very important that the load parameters are consistent with that needed by the control system.

11. Canadian Red Cedar and its rich aroma can cause an extremely small percentage of the population to have an adverse reaction known as Multiple Chemical Sensitivity (MCS). While this is not a universally recognized disorder in the medical field, certain consumers have an adverse physical reaction to low levels of many common chemicals and cannot tolerate any aromatic oils, shampoos with perfumes infused or certain herbs with natural aromas. However, for the majority of the population, Canadian Red Cedar is the sauna wood of choice.
12. Being that the sauna will operate in different climates (some areas are colder than others), it is not recommended to use the traditional sauna above 190 degrees Fahrenheit / 88 degrees Celsius.

CAUTION: Exit sauna immediately if you feel dizzy, sleepy, or any discomfort.

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WARNING: Visually inspect all parts before assembly to make sure they are not damaged. Any excessive vibrations during transport could cause damage to the sauna's components. **DO NOT START** the sauna if damage is detected! Contact your dealer or manufacturer for troubleshooting and replacement parts.

PLEASE NOTE: The pictures and diagrams shown within this owner's manual are representations of this model. Actual model may vary. Design and construction are subject to change. The sauna cannot be placed directly in the weather elements. It is highly recommended to keep the weather elements from reaching the sauna by placing the sauna under a covered patio or structure with a roof to fully protect the sauna.

1. Product Introduction

- A. The steam sauna room is composed of a wood cabin. The wood cabin includes a FRONT WALL PANEL with GLASS, REAR WALL PANEL, LEFT SIDE WALL PANEL, RIGHT SIDE WALL PANEL, FLOOR LATTICE, ROOF, and BENCHE(S). Other smaller wood items will also be included.

2. Wall Panel Descriptions

- A. For GDI-8330-01, the control panel will be on the RIGHT SIDE WALL PANEL. For GDI-8360-01, the control panel will be on the LEFT SIDE WALL PANEL. The control panel will operate the radio and lights. (see Figure A)



GDI-8330-01

Figure A



GDI-8360-01

- B. The LEFT SIDE WALL PANEL will have a vent near the top of the wall for ventilation. The RIGHT SIDE WALL PANEL will have the vent for the stove ventilation. The FRONT WALL PANEL will have the GLASS DOOR. (see Figure B)

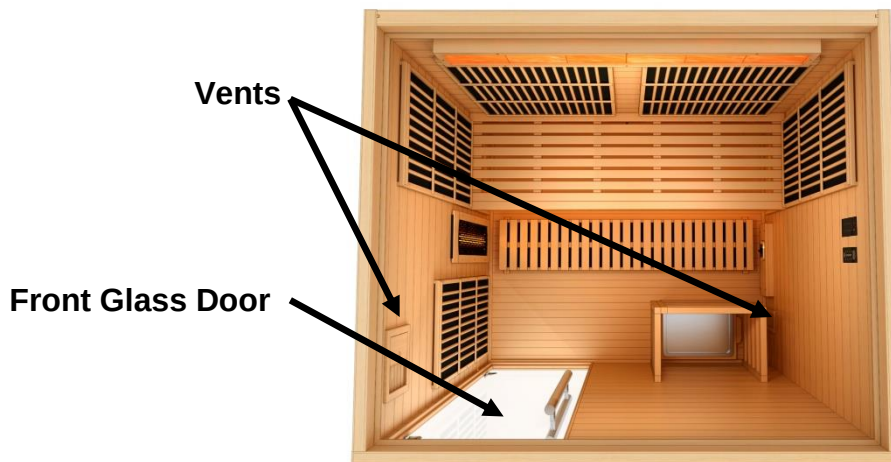


Figure B

3. Floor Panel

- A. The FLOOR PANEL will have a sticker indicating the front of the FLOOR PANEL. The wood pattern runs side-to-side. (see Figure C)

Front

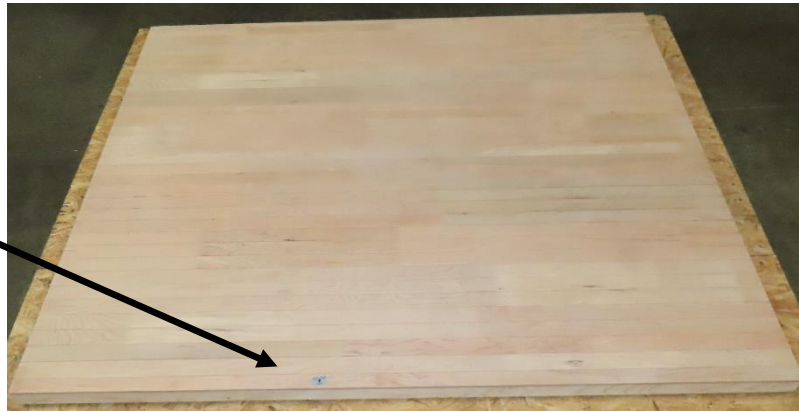


Figure C

B. The bottom of the wall panels and FLOOR PANEL will have plastic feet. (see Figure D)



Figure D

C. For model GDI-8330-01, the STEP will be placed in front of the bench. For model GDI-8360-01, the STEP will be placed between the lower bench and stove heater. (see Figure E)

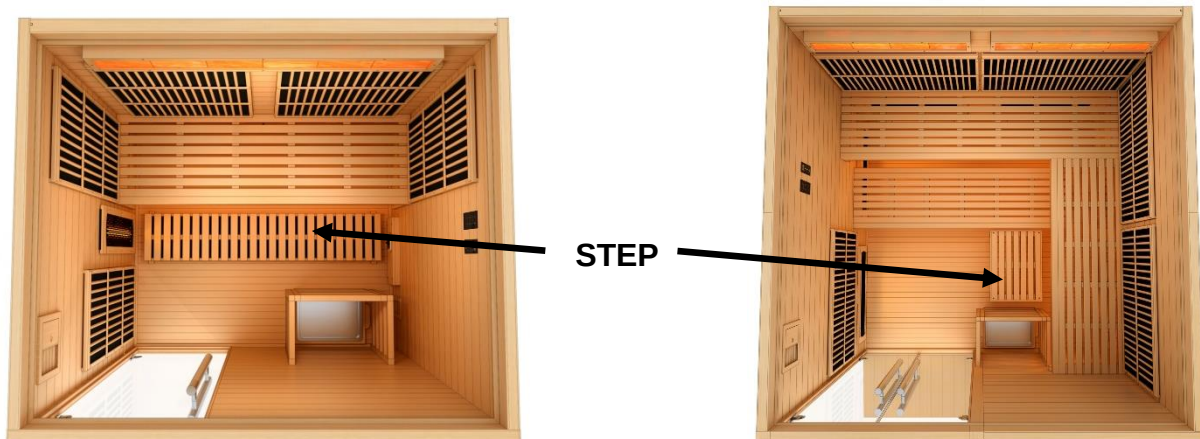
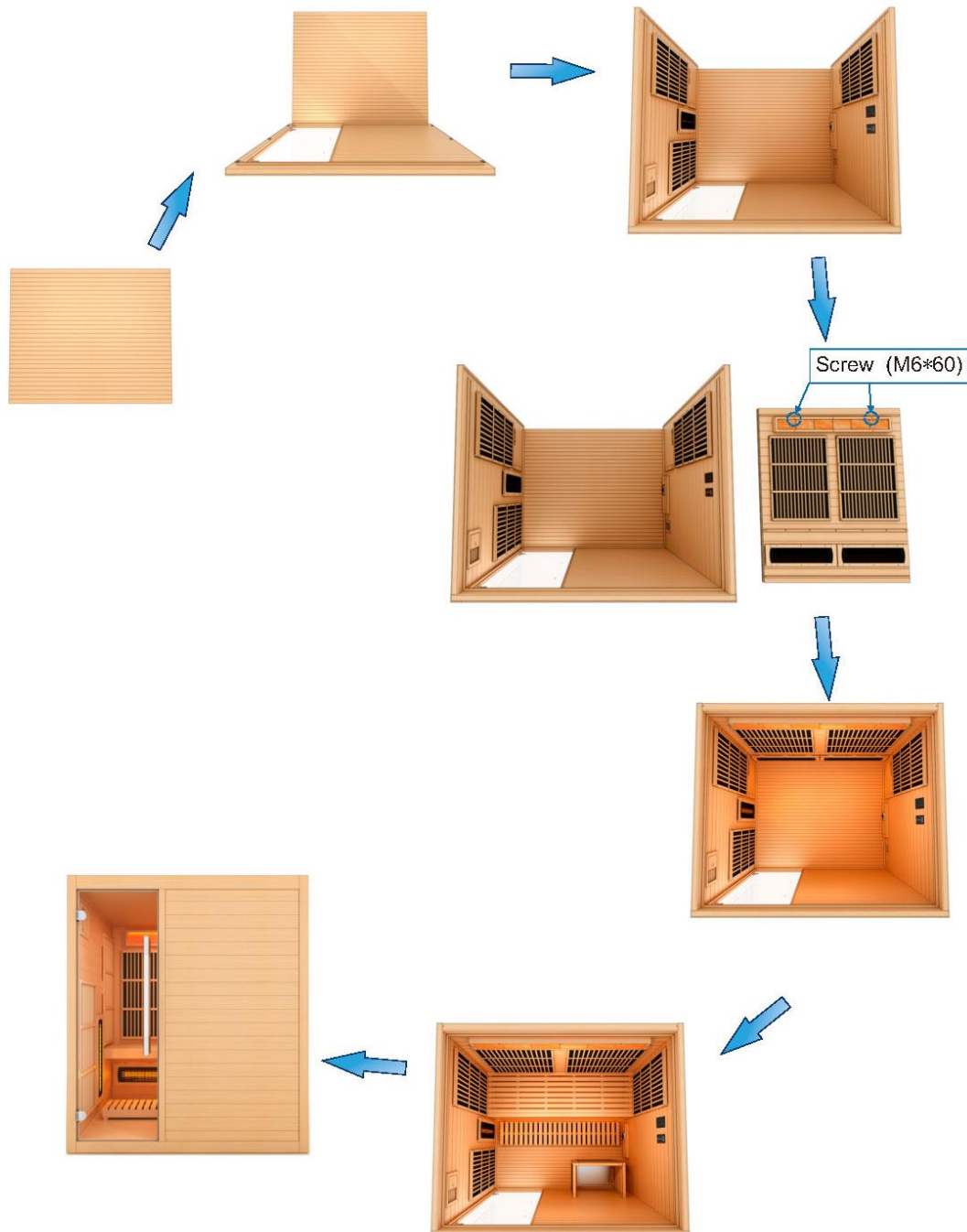


Figure E

NOTE: The pictures and diagrams shown above/below are for representational purposes only. Actual model may vary. Parts subject to change.

READ ALL INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY

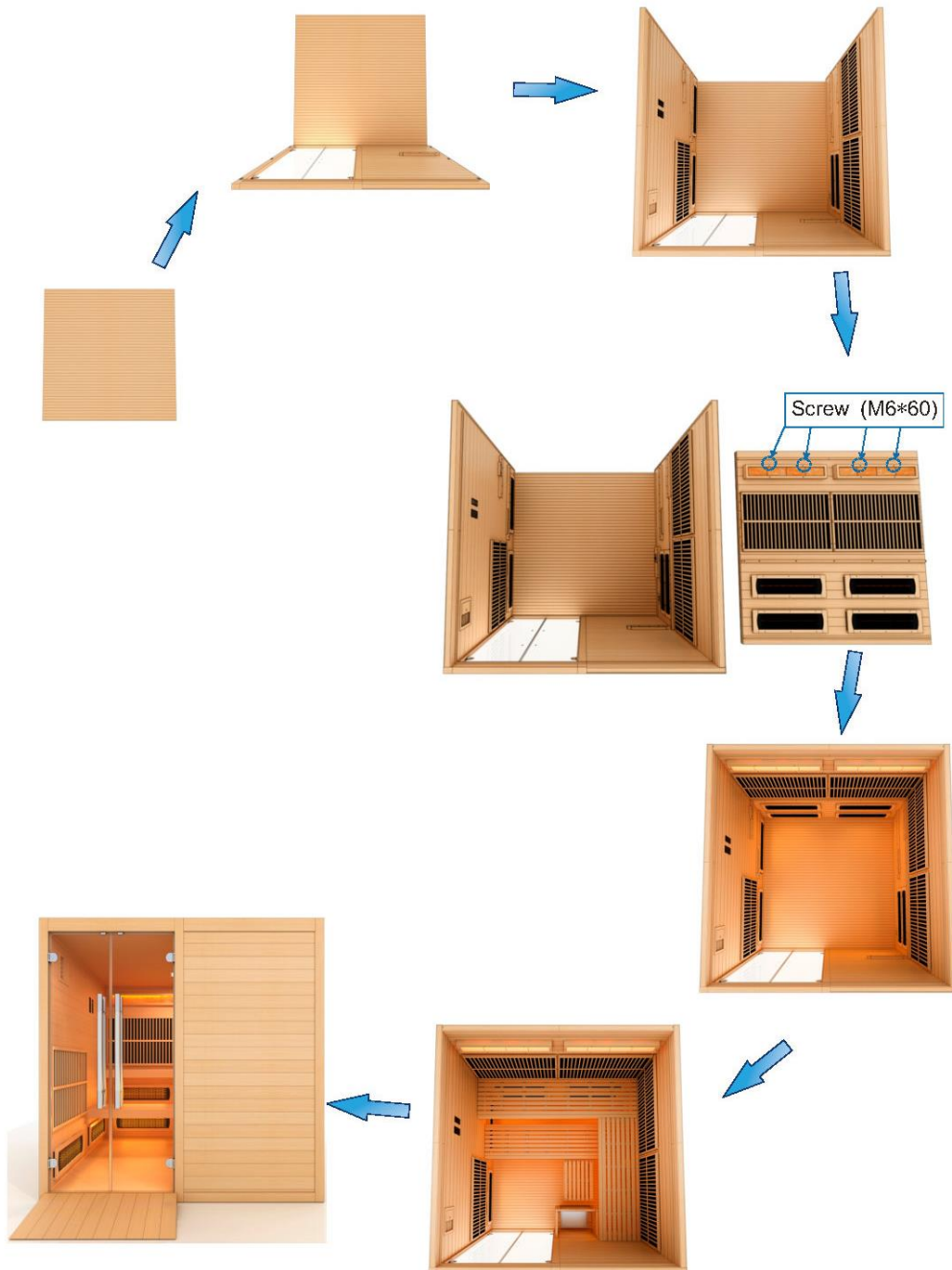
GDI-8330-01 (SJ-8359) – Assembly Diagram



***The above assembly diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Parts and accessories may vary.**

READ ALL INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY

GDI-8360-01 (SJ-8459) – Assembly Diagram



***The above assembly diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Parts and accessories may vary.**

READ ALL INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY

GDI-8330-01 (SJ-8359) – Schematics



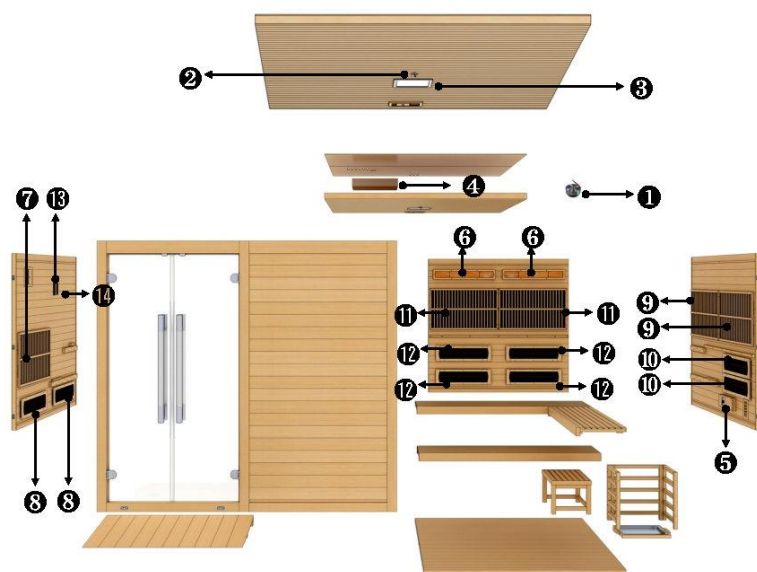
GDI-8330-01(SJ-8359)

Electronic components			
No.	Name	No.	Name
1	Resonance speaker	2	Temperature Sensor
3	Red light therapy	4	Power supply
5	Switch power supply	6	Salt bar with strip light
12	Control panel	13	Light control panel

Power layout			
Location	No.	Dimension	Power
Left wall panel	7	1000*400mm=2PCS	400W
	8	NIR heater =1PCS	400W
Right wall panel	9	1000*400mm=1PCS	400W
Rear wall panel	10	900*600mm=2PCS	400W
	11	NIR heater =2PCS	400W
Total			3200W

***The above diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Parts and accessories may vary.**

READ ALL INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY **GDI-8360-01 (SJ-8459) – Schematics**



GDI-8360-01(SJ-8459)

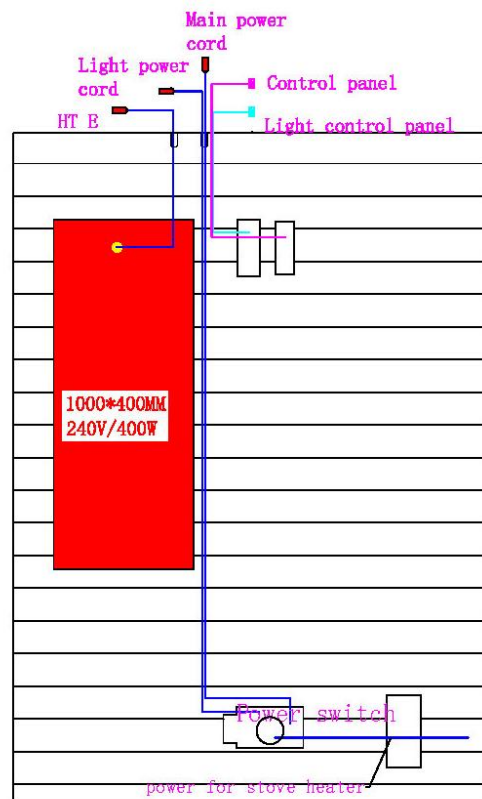
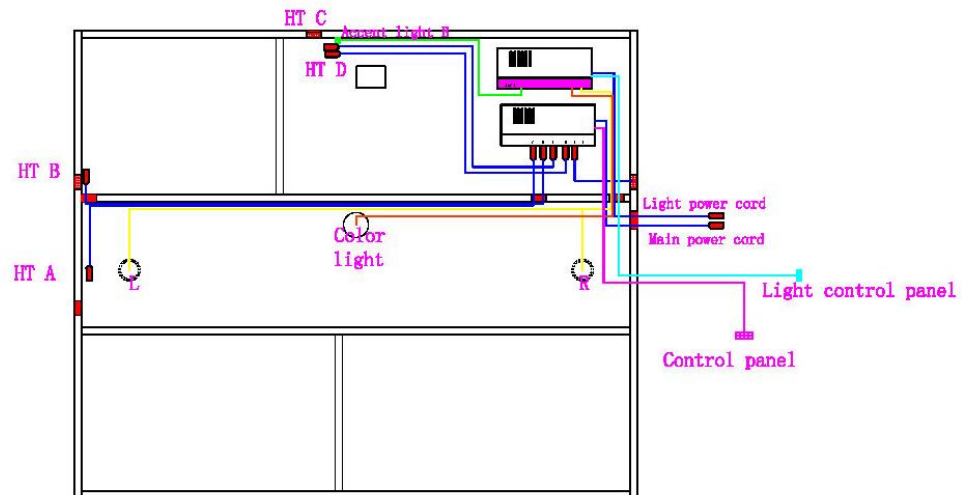
Electronic components			
No.	Name	No.	Name
1	Resonance speaker	2	Temperature Sensor
3	Red light therapy	4	Power supply
5	Switch power supply	6	Salt bar with strip light
13	Control panel	14	Light control panel

Power layout			
Location	No.	Dimension	Power
Left wall panel	7	900*600mm=1PCS	500W
	8	NIR heater=2PCS	400W
Right wall panel	9	900*600mm=2PCS	500W
	10	NIR heater=2PCS	400W
Rear wall panel	11	900*600mm=2PCS	500W
	12	NIR heater=4PCS	400W
Total			5700W

***The above diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Parts and accessories may vary.**

READ ALL INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY

GDI-8330-01 (SJ-8359) – Schematics Layout

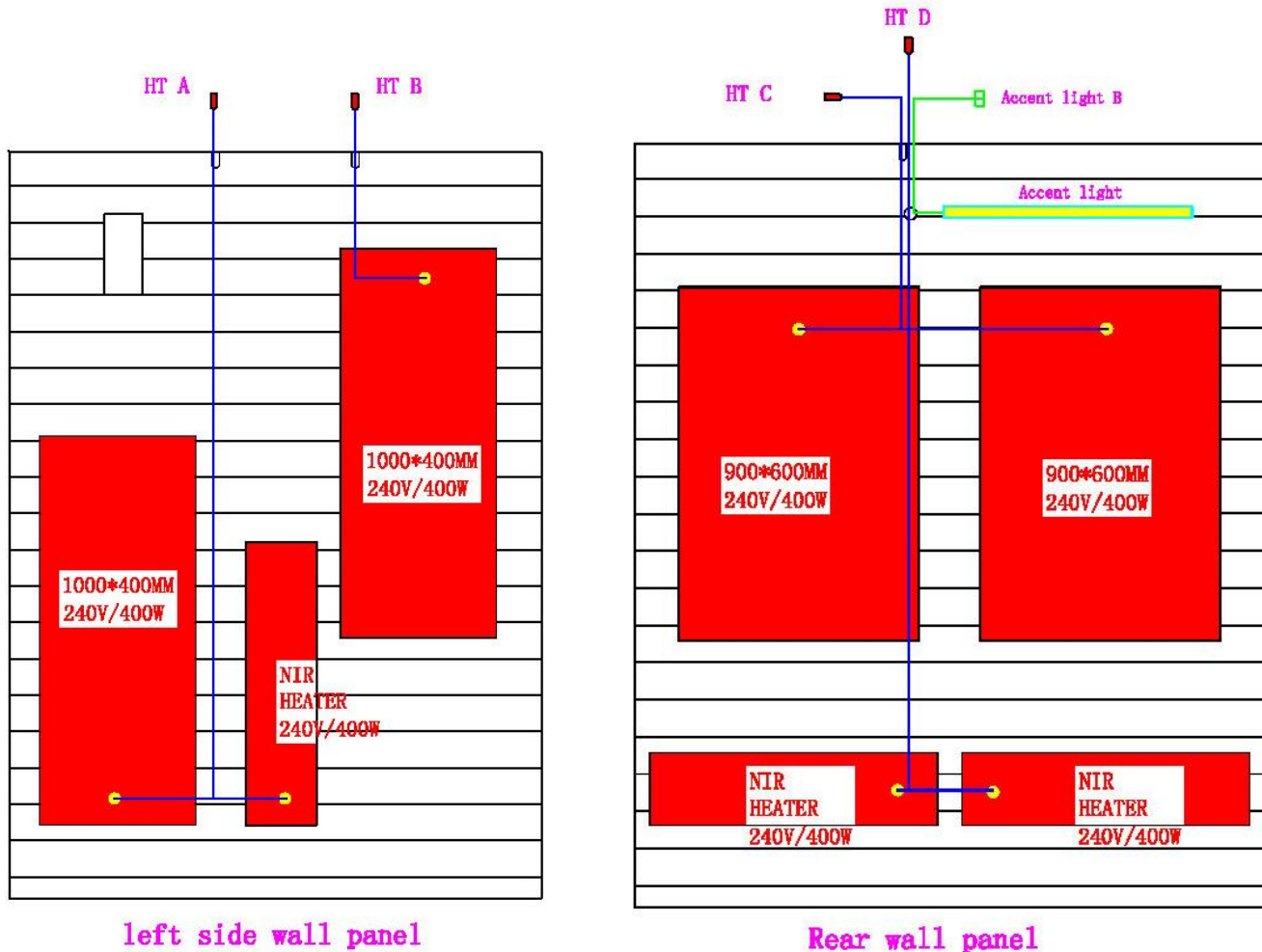


Right side wall panel

*The above diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Parts and accessories may vary.

READ ALL INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY

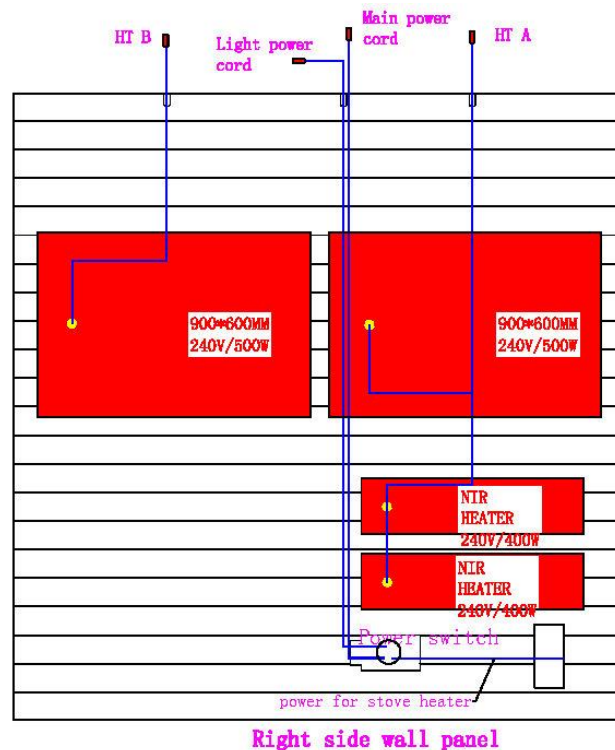
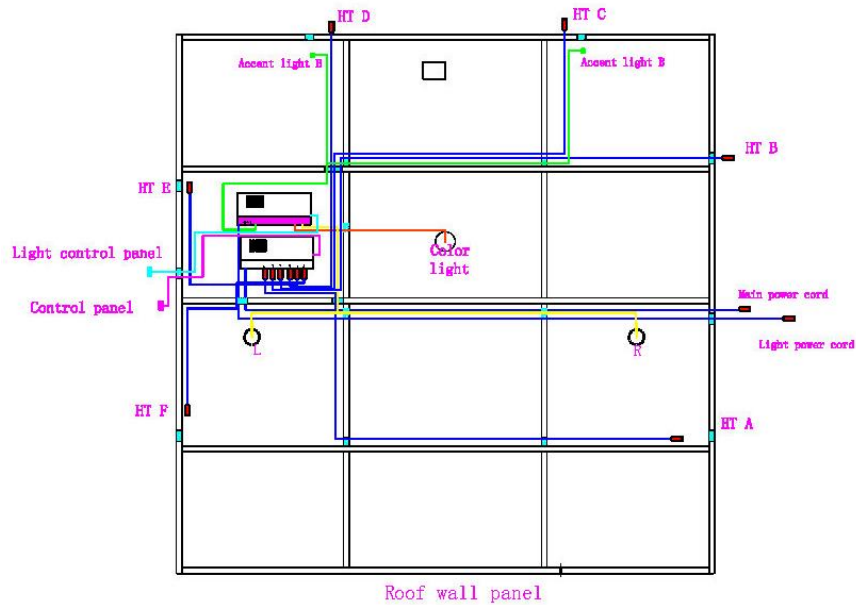
GDI-8330-01 (SJ-8359) – Schematics Layout (cont'd)



*The above diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Parts and accessories may vary.

READ ALL INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY

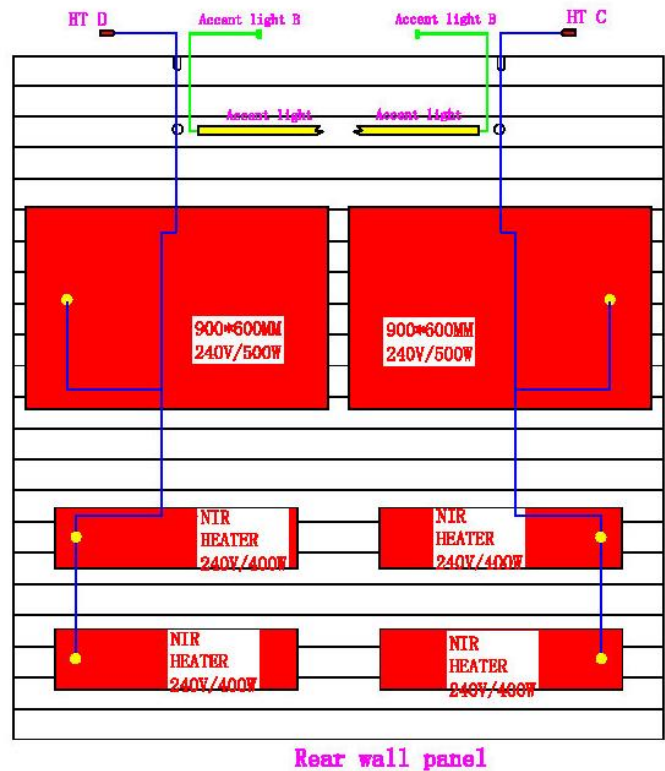
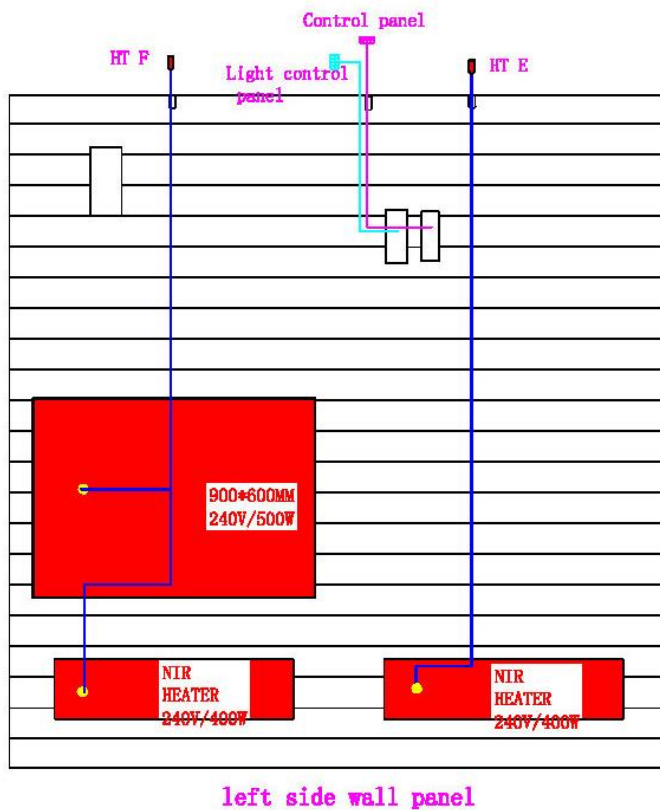
GDI-8360-01 (SJ-8459) – Schematics Layout



*The above diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Parts and accessories may vary.

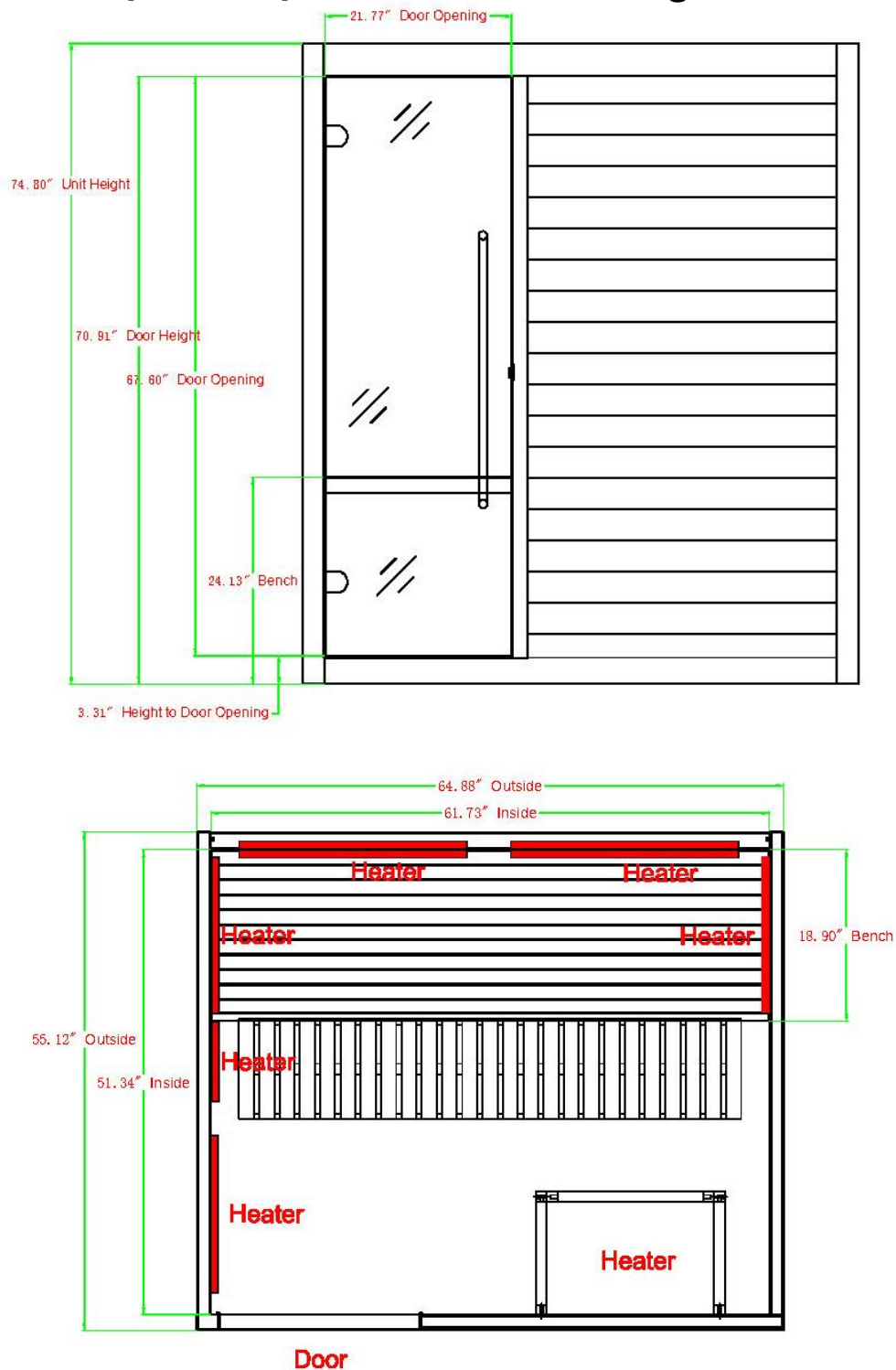
READ ALL INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY

GDI-8360-01 (SJ-8459) – Schematics Layout (cont'd)



*The above diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Parts and accessories may vary.

GDI-8330-01 (SJ-8359) – Dimensional Diagram

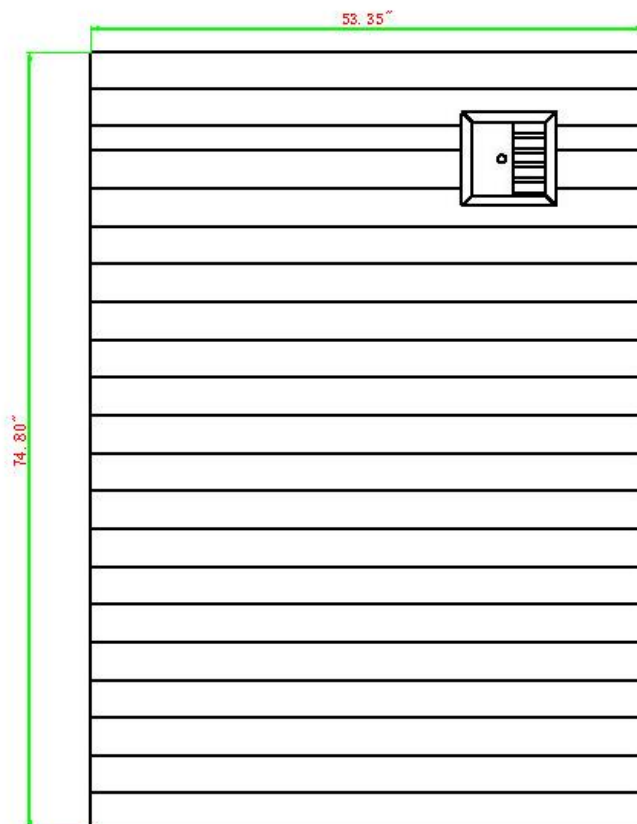


***The above diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Size, Parts and accessories are subject to change.**

GDI-8330-01 (SJ-8359) – Dimensional Diagram (cont'd)



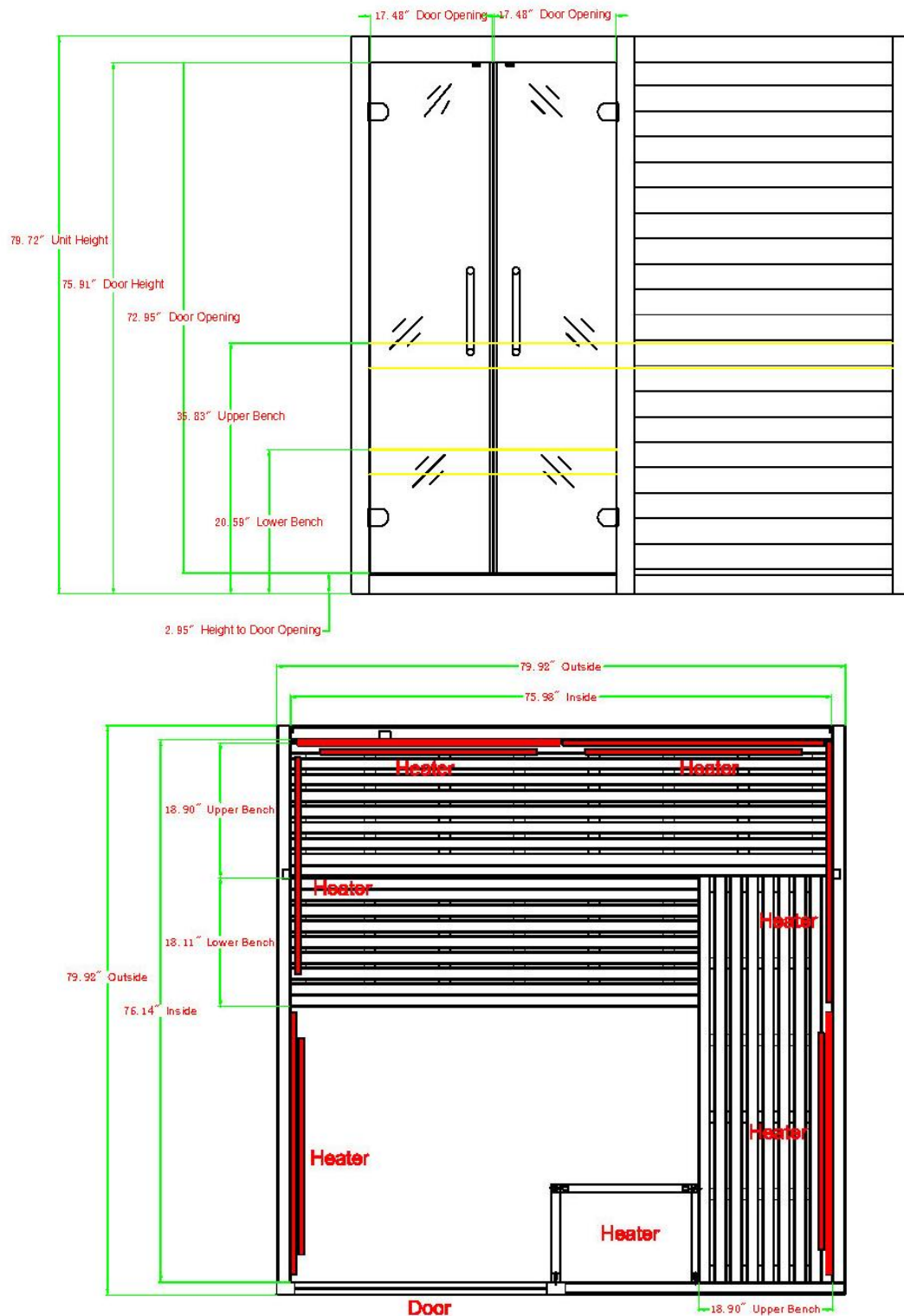
Rear wall panel



left side wall panel

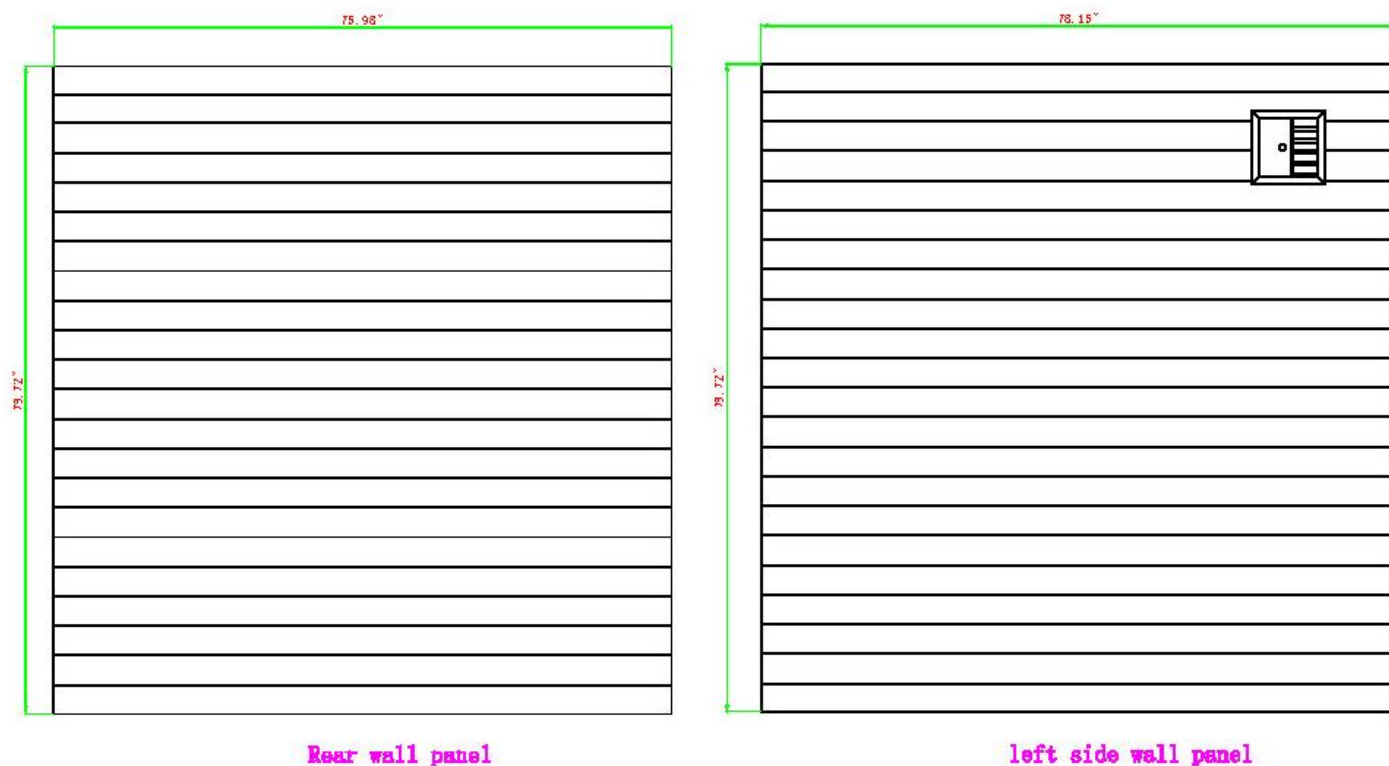
***The above diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Size, Parts and accessories are subject to change.**

GDI-8360-01 (SJ-8459) – Dimensional Diagram



***The above diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Size, Parts and accessories are subject to change.**

GDI-8360-01 (SJ-8459) – Dimensional Diagram (cont'd)



***The above diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Size, Parts and accessories are subject to change.**

READ ALL INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY

Screw Identification Chart

GDI-8330-01 (SJ-8359)

LOCATION	SPECS	USAGE
Connecting beam for ROOF PANEL	5*50mm {Color Plating}	4
SALT BAR Frame	6*60mm {Stainless Steel}	6
Screw Cover	13*16mm {Plastic}	6
STEP	4*40mm {Color Plating}	4
Dust Cover Board	3*18mm {Color Plating}	18
Stove Guard	4*40mm {Color Plating}	8
Interior/Exterior Door Handle	6*60mm {Stainless Steel}	2
SPOON/BUCKET/SANDGLASS/HUMIDOMETER	3*25mm {Color Plating}	2

GDI-8360-01 (SJ-8459)

LOCATION	SPECS	USAGE
Connecting beam for ROOF PANEL	5*50mm {Color Plating}	6
SALT BAR Frame	6*60mm {Stainless Steel}	8
Screw Cover	13*16mm {Plastic}	8
Dust Cover Board	3*18mm {Color Plating}	20
Stove Guard	4*40mm {Color Plating}	8
Interior/Exterior Door Handle	6*60mm {Stainless Steel}	2
SPOON/BUCKET/SANDGLASS/HUMIDOMETER	3*25mm {Color Plating}	2

CAUTION: Exit sauna immediately if you feel dizzy, sleepy, or any discomfort.

Assembly Instructions

A. Choose a good location to install the sauna

1. The location must be dry, leveled, and away from any source of water.
2. The stove must be installed by a certified electrician.
3. Two adults are required for installation on model GDI-7289-02 and three adults for installation on models GDI-7389-02/GDI-7689-02.
4. Wood cabin installation order: FLOOR WOOD LATTICE ► FRONT WALL PANEL ► RIGHT SIDE WALL PANEL ► LEFT SIDE WALL PANEL ► REAR WALL PANEL ► ROOF PANEL ► BENCH SUPPORT PANEL ► BENCH ► STEP
5. Tools Required: Battery Operated Screwdriver or Hand-Held Philips Screwdriver, Rubber Mallet, Claw Hammer, Leveler, and Ladder.

B. Installing the FLOOR PANEL and FRONT WALL PANEL

1. Place the FLOOR PANEL so you will be able to walk around the sauna room during the assembly. The front of the FLOOR PANEL will have a sticker indicating the front. Two adults will need to place the FRONT WALL PANEL up against the FLOOR PANEL with the trim molding on the FRONT WALL PANEL resting on the FLOOR PANEL. (see Figure 1)



Figure 1



Trim molding of FRONT WALL PANEL resting on the FLOOR PANEL on the interior

C. Installing LEFT SIDE WALL PANEL and RIGHT SIDE WALL PANEL

1. While one adult holds the FRONT WALL PANEL, a second adults can place the LEFT SIDE WALL PANEL up against the FLOOR PANEL with the trim molding on the LEFT SIDE WALL PANEL resting on the FLOOR PANEL and next to the FRONT WALL PANEL. The LEFT SIDE WALL PANEL will need to be lifted up and onto the FRONT WALL PANEL interlocking the guide and guide insert brackets. Make sure that the tops of each wall panel is flushed with the other. Do the same for the RIGHT SIDE WALL PANEL. See Figure 2.

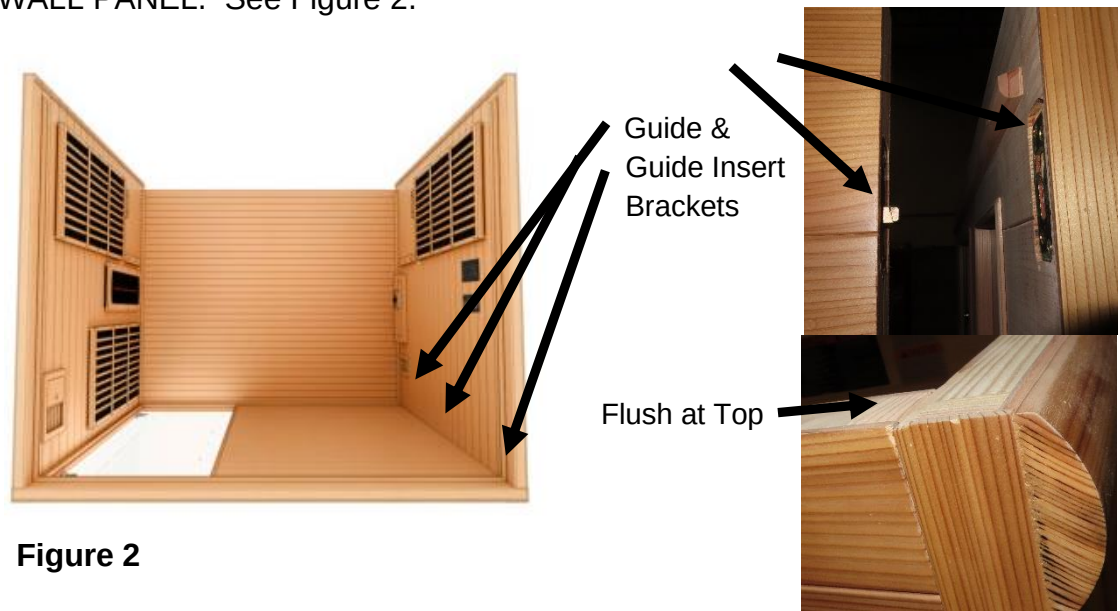


Figure 2

NOTE: If any of the wall panels do not slide all the way down, then follow this tip:

1. First, remove the side wall panel.
2. Locate the guide and guide insert brackets on the two wall panels (6 pieces total).
3. Loosen the screws on the guide and guide insert brackets by two-to-three turns (so the guide and guide inserts have a slight movement).
4. Reattached the wall panels.

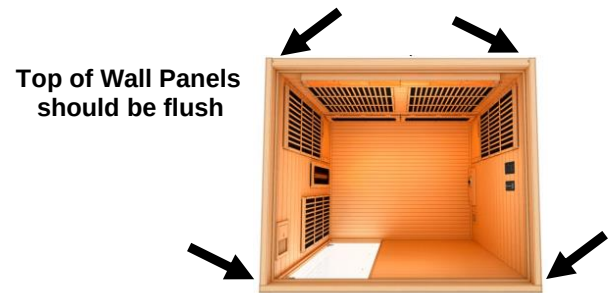
The above will help as sometimes the guide and guide insert brackets are countersunk too deep. Please note that the guide and guide insert brackets slide together at an angle - as the wall panels slide downward, the guide and guide insert brackets pull the wall panels tighter together.

D. Installing the REAR WALL PANEL

1. Two adults will need to place the REAR WALL PANEL between the LEFT SIDE WALL PANEL and RIGHT SIDE WALL PANEL at the rear of the sauna room. The trim molding of the REAR WALL PANEL will rest on the FLOOR PANEL. Make sure that the tops of the side wall panels are flushed with the REAR WALL PANEL. Use the buckles to latch the wall panels together. (see Figure 3)



Figure 3



E. Installing the ROOF PANEL

1. Two adults can place the ROOF PANEL over the wall panels carefully.
2. Next, carefully slide the ROOF PANEL into place. (see Figure 4)
3. You must use the provided screws to secure the roof into place. (see Figure 5)
4. Be sure to connect the Main Power Cord, Light Power Cord, and other corresponding connections on the rooftop.
5. (Optional) Use the provided screws to screw down the dust cover board.



Figure 4

Pre-drilled holes

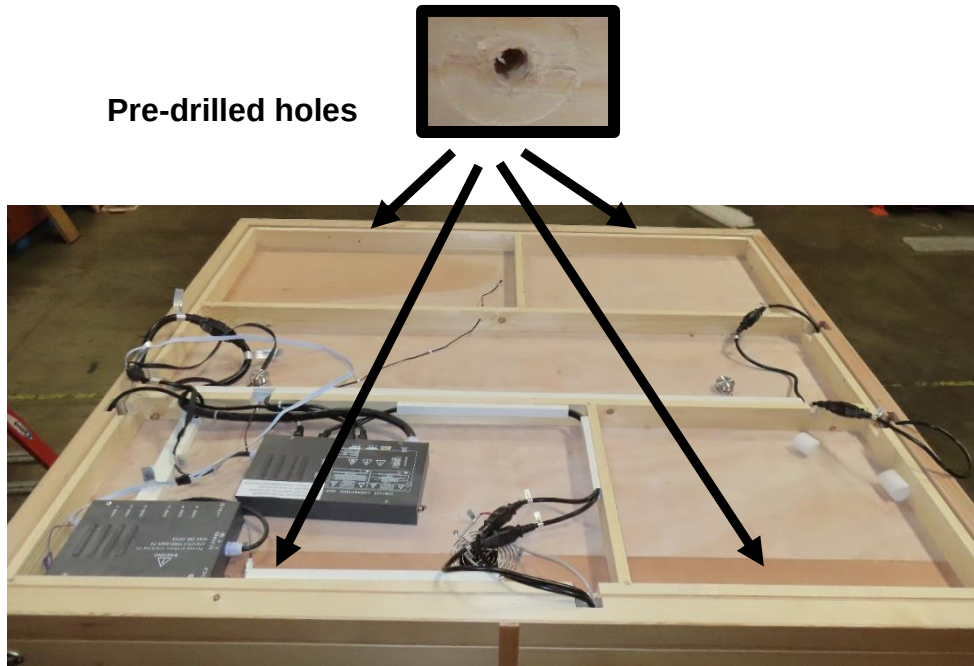
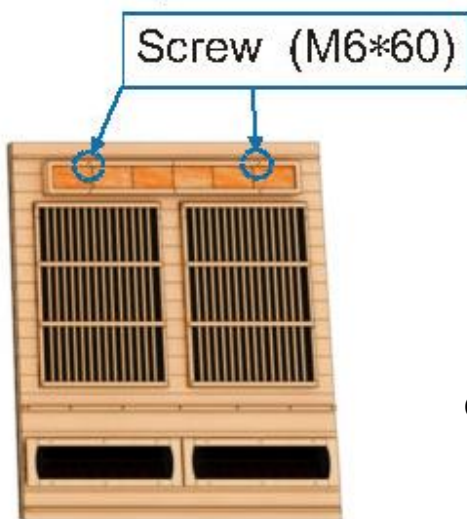


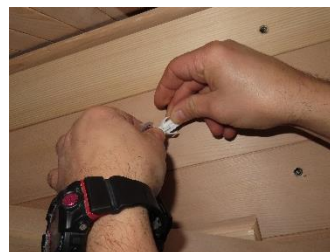
Figure 5

F. Installing the Himalayan Salt Bar

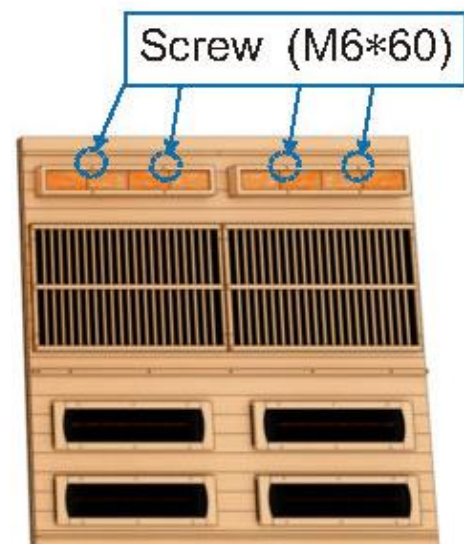
1. You will need to connect the harness and then install the Himalayan Salt Bar(s) to the REAR WALL PANEL using the provided screws. (see Figure 6)



GDI-8330-01
Figure 6



Connect Light Harness



GDI-8360-01

G. Installing the BENCH

1. For GDI-8330-01, you will need to first locate the BENCH. You can slide the BENCH into place over the supports on the side wall panels. There is a wood STOP that will prevent the BENCH from sliding. See Figure 7. For GDI-8360-01, you will need to located the two longer BENCHES. One of these longer BENCHES will have an additional wood plank that will support the shorter bench when installed along the RIGHT SIDE WALL PANEL. See Figure 8. The longer BENCH with the additional wood plank will need to be installed at an angle as also seen in Figure 8.
2. For GDI-8360-01 and once the longer BENCH with the additional wood plank is installed along the REAR WALL PANEL, you can install the shorter BENCH up against the RIGHT WALL PANEL and onto the BENCH with the additional wood plank. Make sure the wood STOP at both ends are in position to prevent the BENCH from sliding.
3. For GDI-8360-01, you can now install the second of the longer BENCHES at the lower supports on the side wall panels. Make sure that the BENCH is placed over the wood plank on the side wall panels so that the BENCH does not slide. (see Figure 9)



Wood STOP on Underside of BENCH

Figure 7



Figure 8



Figure 9



**Wood Plank Between Underside
of LOWER BENCH**

H. Installing the STEP

1. The STEP can now be placed in front of the BENCH on GDI-8330-01 and in front of the BENCH along the RIGHT SIDE WALL PANEL on GDI-8360-01 (it will just sit in place). For GDI-8330-01, use the (4) provided screws to screw the STEP to the FLOOR PANEL. (see Figure 10)



GDI-8330-01

Figure 10



GDI-8360-01

I. Installing the DOOR HANDLE

1. The inner and outer door handles need to be mounted to the FRONT GLASS DOOR. According to Figure 11, the FRONT GLASS DOOR must sit between the (2) white washers. The screws are inserted from the

inside of the FRONT GLASS DOOR and screwed into the outer handle. **Be sure not to over tighten the screws or you will shatter the glass.** Next, the inner door handle needs to be inserted over the screws. Use the provided Hex wrench to tighten the (4) hex screws. (see Figure 14)

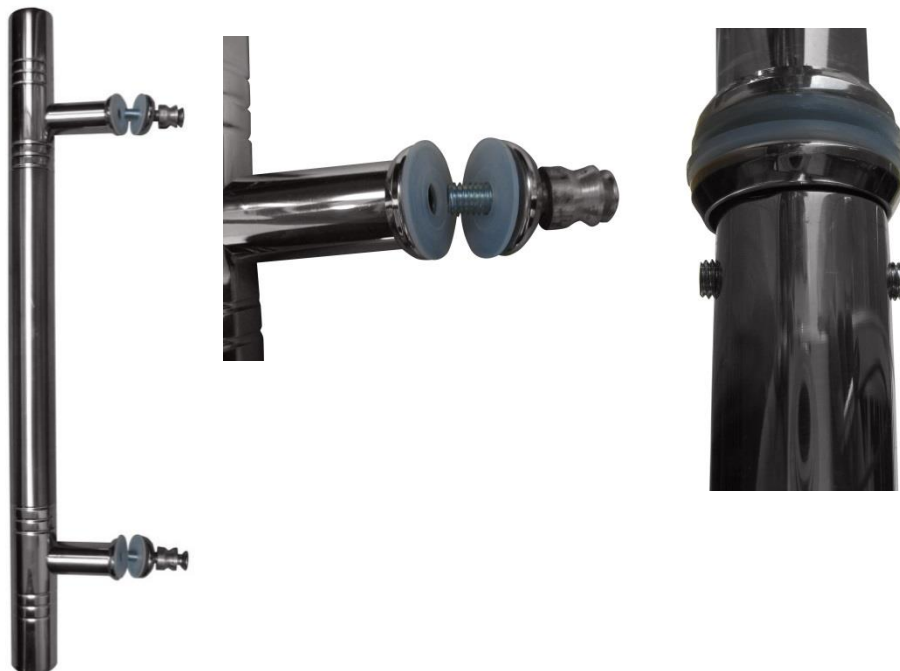


Figure 11

J. Please Note: The stove must be installed by a certified electrician per the manufacturer's manual. The stove must be installed per the electrical code in your area with reference to the breaker and wire sizes & wire material. Be sure to follow the manufacturer's manual for proper and safe installation of the stove. Your certified electrician will provide the applicable wiring.

1. You will need to locate the wood housing for the stove and assemble it using the provided screws. The stove wood guard will need to be installed around the stove heater. It will need to be screwed to the side wall panel. (see Figure 12)
2. The metal tray will sit under the stove heater within the stove guard.

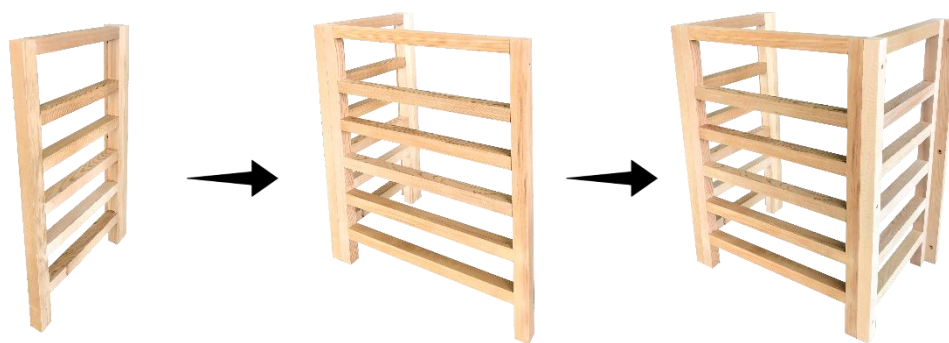


Figure 12

ASSEMBLY COMPLETED!

SAUNA CONTROL PANEL - GENERAL INTRODUCTION

Please note that you can either have the stove heater operating or the Infrared heaters operating, but not both at the same time. You can turn the Main Power Switch knob to the left or right to select either the stove heater or the Infrared heaters to operate. If you switch the Main Power Switch knob to the “0”, then neither the stove heater or Infrared heaters will have power.



1. Description of Functions of the Sauna's Control Panel

Functions	
Touch Key technology	√
Bluetooth	√
Chromotherapy Lighting	√
Exterior Accent Lighting	√
Time/Temperature Adjustment	√

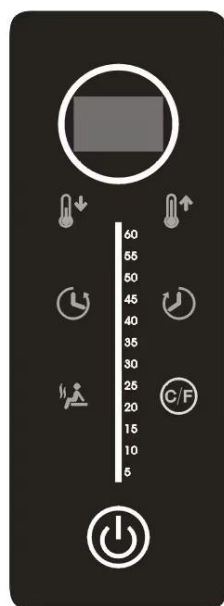
2. Control System Specifications

- A. Rated Voltage: AC100V-AC240V
- B. Rated Power: 50Hz/60Hz
- C. Touch Key technology

CAUTION: Exit sauna immediately if you feel dizzy, sleepy, or any discomfort.

3. Control Panels:

Sauna Control Panel



Light/BT Control Panel



CONTROL PANEL OPERATION – Sauna Control Panel

1. First and to operate the Infrared sauna, be sure that the main power switch is turned to “2”. To provide power to the stove heater, the main power switch will need to be turned to “1”. To turn the power OFF, the main power switch will need to be turned to “0”.



Power to Infrared heaters



Power to stove heater



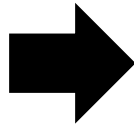
Power turned OFF

2. Once the main power switch is turned to “2”, the power button on the sauna’s control panel will become illuminated (red). You will need to press the sauna’s

control panel power button for 5 seconds or more until you hear a beep and the sauna's control panel turns ON. The LED will now be displayed. You can press the sauna's control panel button again to turn the sauna's control panel OFF. The sauna's control panel power button will return to red.



Sauna's Control Panel is OFF
(power button is red)



Sauna's Control Panel is ON
(control panel illuminated)

3. To turn on the Infrared heaters, press the indicated button below. This button will change from "red" to "green". If you press this button again, the Infrared heaters will turn OFF and the button will return to "red".

Before pressing to come ON, the button is red. After pressing, the button is green indicating the Infrared heaters are ON.



4. To adjust the timer, see the image below. You will press the clock button on either the left side or the right side. The left side adjusts the timer to decrease the time. The right side adjusts the timer to increase the time.



5. To adjust the temperature, see the image below. You will press the thermometer button on either the left side or the right side. The left side adjusts the temperature to decrease the temperature. The right side adjusts the temperature to increase the temperature.



6. To change the temperature reading between Celsius and Fahrenheit, you can press the C/F button for a few seconds until you hear the control panel beep. Once you set this setting, it will become the default setting.



7. Please note that when you are using the stove heater, you do want to turn OFF the Sauna Control Panel and switch the Main Power Switch to "1". The Sauna Control Panel will no longer have any illumination.



Sauna Control Panel is Illuminated



Only Power Button is Illuminated



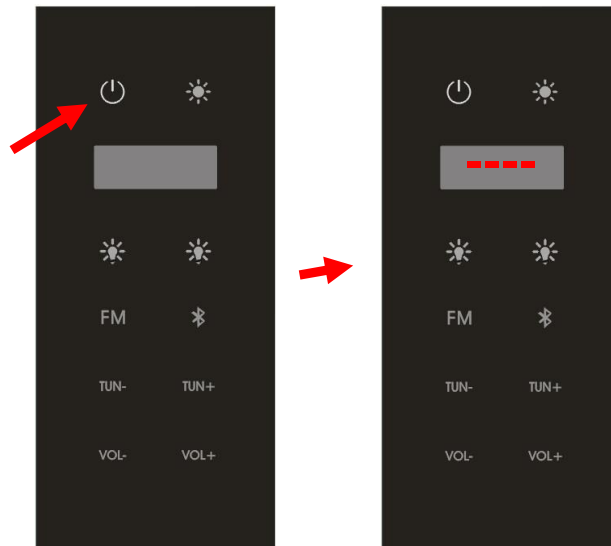
Turn Main Power Switch to "1" for Stove Heater



Sauna Control Panel has no Illumination

CONTROL PANEL OPERATION – Light/BT Control Panel

1. After the sauna has power, there will be no change on the Light/BT Control Panel until you press the power button. Please note that the Light/BT Control Panel is operable when the Infrared heaters are ON or when the Stove heater is ON. When the power button is pressed, you will see (4) lines displayed and the lights will come ON.



2. On the Light/BT Control Panel and below the display to the left, you will see a light bulb icon. This button turns ON/OFF the Himalayan Salt Bar Light.



3. On the Light/BT Control Panel and below the display to the right, you will find the button for Chromotherapy Light. Pressing this button will turn ON/OFF the Chromotherapy Light. When you press it for 5 seconds, it will allow you to select a color for the Chromotherapy Light.



3. On the Light/BT Control Panel, press the BT icon button to enable Bluetooth and the screen will display “bLU”. Next, you can search your device to pair with the sauna. Once paired, you will hear a musical prompt. Please note that no password is needed during the Bluetooth pairing. Press the “**TUN-**” and “**TUN+**” to select a song. If you would like to listen to the radio, you can select the “FM” button. Use the “**TUN-**” and “**TUN+**” to scroll through the radio stations. Press the “**VOL-**” and “**VOL+**” to adjust the volume.



4. On the Light/BT Control Panel, press the Red Light Therapy button to turn the Red Therapy Light ON/OFF.



CAUTION: Use the Traditional sauna based on level of comfort within the temperature range of 170 degrees F – 200 degrees F. Average used temperature range for the Infrared sauna is 120 degrees F – 130 degrees F. Exit sauna immediately if you feel dizzy, sleepy, or any discomfort.

Tips for using Your Sauna

- 1) If you take a hot/warm shower or bath before using your sauna, you may perspire more and experience more comfort.
- 2) Drink water prior to, during, and after your sauna session to replenish body fluids.
- 3) To regulate the set temperature inside the sauna to your comfort level, use the movable ventilation or leave the door open slightly. The ventilation is installed on the sauna and used based on personal preference.
- 4) Use 2 or 3 towels during your sauna session. Fold one of the towels several times and place it on the bench. This towel will absorb some of your perspiration while adding comfort as you sit on the bench. Place another towel on the floor to absorb perspiration as it falls from your body. Use a third towel to wipe perspiration from your body from time to time.
- 5) At the first sign of a cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of viruses.
- 6) To help relieve sore and tense muscles, massage the affected areas during your sauna session.
- 7) To treat your ankles and feet more effectively, you can elevate them and move them close to one of the heat emitters to achieve a deep heating effect.
- 8) The peaceful and relaxed state rendered by a sauna session may help you to sleep easier and deeper.
- 9) To protect the life of the stove, you can shut off the circuit breaker when not in use.
- 10) After the sauna session is over, do not jump into the shower or bath immediately.
Because your body was heated up during the sauna session, it will continue to perspire even after you exit the sauna room. Sit in the sauna with the door open slightly and let your body cool down. Once your body has cooled down and you feel comfortable, you can exit the sauna. After about twenty minutes and when your body has completely cooled down, you can take a shower to rinse the perspiration off your body.

Safety Instructions

- 1.) Read and follow all instructions carefully before using the sauna.
- 2.) When installing and using the electrical equipment, safety precautions should always be followed.
- 3.) To reduce the risk of injury, do not allow children to use the sauna unless they are directed by a medical doctor and are closely supervised at all times by an adult.

- 4.) Do not use the sauna immediately following strenuous exercises. Wait at least 30 minutes to allow the body to cool down completely.
- 5.) Pregnant or possibly pregnant women should contact their physician prior to using the sauna. Excessive temperature has a high potential for causing fetal damage during pregnancy.
- 6.) **Hyperthermia Danger:** the normal body temperature can't rise above 39°C (103°F). Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hyperthermia may include failure to perceive heat, physical inability to exit sauna, unawareness of impending hazard, unconsciousness and fetal damage in pregnant women. Hyperthermia could make your body's core temperature rise. Setting desired temperature to an excessively high temperature is not recommended.
- 7.) The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness and/or other harmful physical injuries.
- 8.) Persons 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.
- 9.) Persons using medications should consult a physician before using the sauna. Some medications may induce drowsiness while others may affect the heart rate, blood pressure, and/or blood circulation.
- 10) Exercise care before and after sauna use.
- 11) Never sleep inside the sauna.
- 12) Do not use any type of cleaning agents on the interior of the sauna. Only wipe down with a cloth and water.
- 13) Do not stack or store any object on top or inside the sauna.
- 14) If the power supply cord becomes damaged, it must be replaced immediately by the manufacturer or its agent. If you find the power cord is too hot or that the electrical equipment may be experiencing technical problems, please contact the manufacturer or its agent immediately to avoid hazardous conditions.
- 15) Do not use the sauna during an electrical storm to avoid risk of shock.
- 16) Do not touch the glass door hinges during sauna use as they become very hot to the touch.
- 17) Your hands must be dry and free of moisture before plugging and unplugging cords and wiring harnesses from the power supply and circuit boards. Never operate the sauna

with wet hands or wet feet to avoid risk of electric shock. Never touch the metal prongs of the plug.

- 18) Do not attempt to make any repairs yourself without contacting the manufacturer first. If a problem occurs with the sauna, please contact seller, distributor, or the manufacturer to avoid safety risks. Unauthorized repair attempts will void the manufacturer's warranty.
- 19) Please make sure the outlet power supply meets the specifications required. Failure to Meet the requirements may cause safety risks.
- 20) Some sauna models are equipped with reading and roof lamps. Because the lamp temperature will become very hot once powered on, do not attempt to touch the lamp to avoid being burned. Do not attempt to touch it for at least 20 minutes after it has been powered off.
- 21) Do not bump, hit, or break the stove as it may cause an electrical short and pose a safety risk.
- 22) Do not make any modifications to the sauna, the sauna structure, or the sauna components.
- 23) Prior to each sauna session, the sauna room is to be inspected for correct operation. If for any reason your sauna room does not seem to be operating properly, discontinue use and contact the manufacturer.

Safeguards For Your Sauna

1. Do not install the sauna near water, near a bathtub, near a shower, in a wet basement, or near a swimming pool.
2. Do not use liquid cleaners or aerosol cleansers inside the sauna. Unplug the sauna from the wall outlet before cleaning. Use plain water and a soft cloth for cleaning.
3. The power supply cord should be routed so that it is not walked on or pinched by any object that may be placed against it.
4. When replacement parts are required, be sure they meet the specified requirements of the manufacturer. Unauthorized substitutes may result in fire, electric shock, or other hazardous conditions. After any repairs, please ask the service technician to perform safety checks to determine that your sauna is working properly.
5. Do not use any wall receptacle adapter or extension cord between the sauna cord and wall receptacle/electrical panel.

Limited Lifetime Warranty

***Limited Lifetime Warranty:** Golden Designs, Inc. warrants the sauna room and its attached electronics against defects in material and workmanship for the life of the product from the original date of purchase. **This sauna is for indoor use or outdoor use when protected from the outdoor weather elements by a structure that includes a water-proof roof. When not in use and placed outdoors, a water proof cover must be used to cover the sauna room or the warranty will become void. Any damage due to direct exposure to outdoor weather elements such as rain, snow, sun, wind or extreme temperatures will not be covered by this warranty. Any damages as a result of modifications made to the sauna or its components will void this warranty.**

Extent of Warranty: This limited warranty applies to products manufactured or distributed by Golden Designs, Inc. under the Golden Designs Inc. brand name, delivered in the continental United States or Canada and extends to the original purchaser at the original site of installation only. This warranty becomes valid at time of purchase and terminates either by specified time frame, owner transfer, or relocation. The warranty extends to the sauna room and excludes the stove as it is covered by its own manufacturer warranty. **Your sales receipt showing the date of purchase of the product is your proof of purchase.**

Manufacturer Warranty

All Golden Designs, Inc. products are manufactured with the highest quality appliances and are warranted to be free from defects in material and workmanship at the time of delivery. The appliance warranty is extended through the manufacturer for the product including, but not limited to: sauna control panel and connected wire harnesses. All exchanged parts and products replaced under this warranty will become the property of Golden Designs, Inc. Golden Designs, Inc. reserves the right to change for any part not covered under the existing warranty. Any parts determined to be defective must be returned to Golden Designs, Inc. at its discretion to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with the transportation of the parts. In addition, you are responsible for insuring any parts shipped or returned. You must present Golden Designs, Inc. with proof of purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to **VOID** this limited warranty. Products on which the serial number has been defaced or removed is not eligible for warranty service. This warranty covers parts, but does not cover labor.

Warranty Limitations

This warranty does not apply if the unit has been subject to full commercial use, negligence, alteration, modification, misuse, abuse, repairs by non-Golden Designs, Inc. authorized personnel, inappropriate installations, or any case beyond the control of Golden Designs, Inc. invalidating this warranty including but are not limited to:

- Use of lacquer or paints
- Sauna and other Golden Designs, Inc. products accessories placed on non-approved surfaces
- Outdoor applications when not protected from outdoor weather elements
- Normal wear and tear or weathering
- Use of product not in accordance with instructions

Surface cracks are not considered defects in material or workmanship, as they are normal characteristics of all woods. This includes minor cracks due to wood expansion and contraction. Note: Since the wood used in construction has been kiln dried, a certain amount of expansion and contraction occurs in the wood in a sauna environment.

Disclaimers

Golden Designs, Inc. shall not be liable for loss of use of sauna or other Golden Designs, Inc. products or other secondary or incidental or consequential costs, expense or damages - which may include the removal of permanent structures or other custom fixtures or the necessity for crane removal - arising directly or indirectly out of the use or inability to use the product. Any implied warranty shall have duration equal of the applicable warranty stated above. Under no circumstances shall Golden Designs, Inc. or any of its representatives be held liable for injury to any person or damage to any property, however arising. Specifications are subject to change without notice or obligation.

Legal Remedies

This limited warranty gives you specific legal rights. You may have other rights, which may vary from state to state.

Customer Service

For customer service, contact your authorized dealer. If you need additional information or assistance, please email Golden Designs, Inc. at info@goldendesignsinc.com or call (909) 212-5555.

**Limited Lifetime Warranty of Sauna Products is 1 year on wood structure and 5 years on the control panel and applicable control panel harnesses and lights from the date of purchase. Stove/heater is covered under its manufacturer's applicable warranty.*

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WARRANTY CARD

Congratulations on your purchase of a Sauna from Golden Designs, Inc. Please take the time to complete the following Warranty Card and mail it back to:

**Golden Designs, Inc.
3550 Jurupa Street, Unit B
Ontario, CA 91761**

Please include a copy of your sales receipt showing date of purchase as this will serve as proof of purchase.

Warranty will be VOID if the following warranty card is not mailed back within 60 days of purchase date along with proof of purchase.

****Serial number (S/N) is located on the sauna's front panel, rear panel, or on the carton.****

DETACH HERE

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WARRANTY CARD

All fields must be completed to validate the warranty.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____

Purchase Date: _____

Product Name: _____

Purchase From: _____

Serial Number: _____

