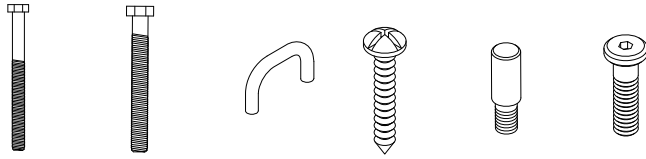


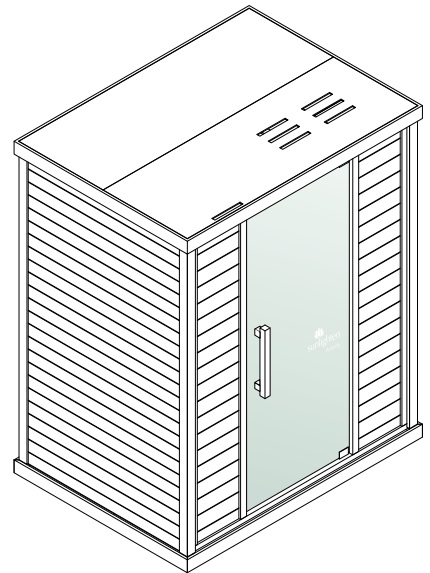
- ① 2x
- ② 6x
- ③ 4x
- ④ 4x
- ⑤ 8x
- ⑥ 12x



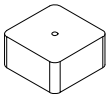
- ⑦ 12x
- ⑧ 12x
- ⑨ 12x
- ⑩ 12x
- ⑪ 2x
- ⑫ 1x



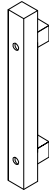
Allen wrench



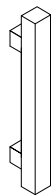
- Ⓐ 6x



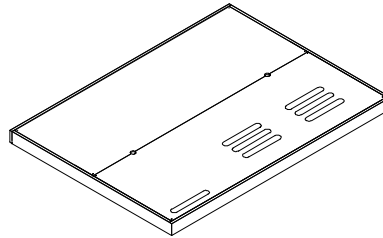
- Ⓑ 1x



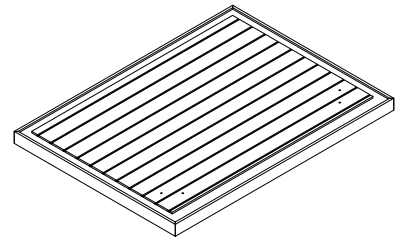
- Ⓒ 1x



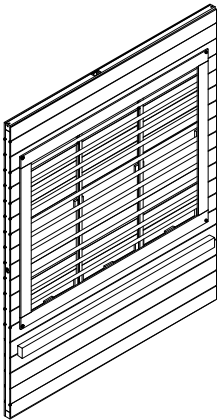
- Ⓓ 1x Roof



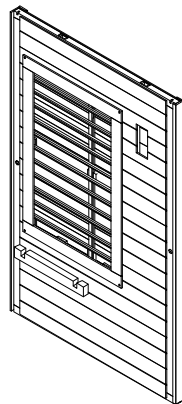
- Ⓔ 1x Floor



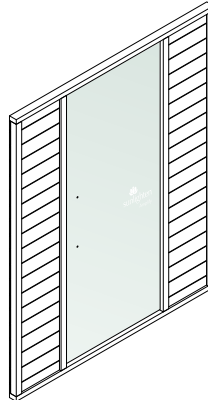
- Ⓕ 1x Back Wall



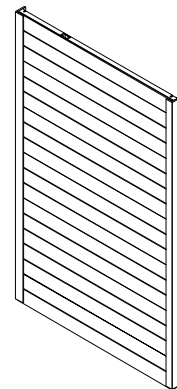
- Ⓖ 1x Right Wall



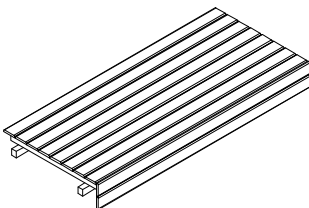
- Ⓗ 1x Front Wall with glass panel



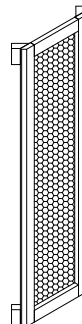
- Ⓖ 1x Left Wall



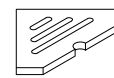
- Ⓙ 1x Bench



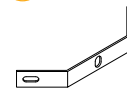
- Ⓚ 2x Full Spectrum (FS) Heater
- Ⓛ 2x FS Heater Covers



- Ⓜ 2x FS Heater Top Panel



- Ⓝ 4x FS Heater brackets



## PRE-STEPS

You will want two or more people to assemble your sauna.  
Unpack each wall segment from the shipping material.  
Stage each wall segment in the room you will be assembling the unit.



230 V, 1900 W.  
3m cord exits from back left of roof.

See USER MANUAL or spec sheet for additional specs.

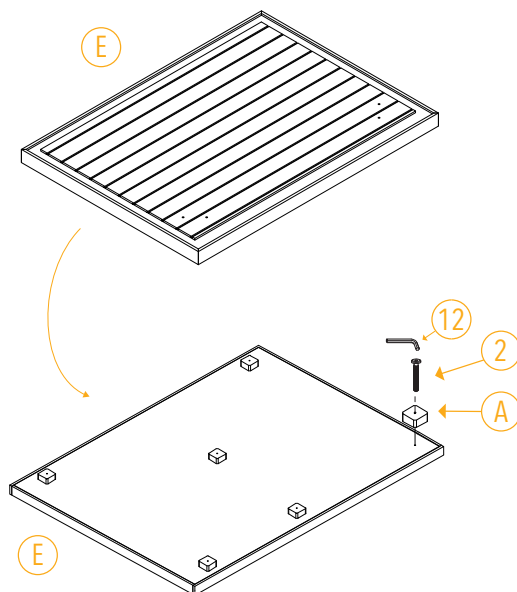
## STEP 1

Attach the feet pegs (A) with supplied Allen wrench and bolts (2) to the underside of floor (E).

NOTE: Make sure the floor panel is on a surface that is perfectly level and relatively smooth. Failure to do so can cause the door to not close all the way in the later steps.

NOTE: Before you begin installing the walls, be sure you have at least:

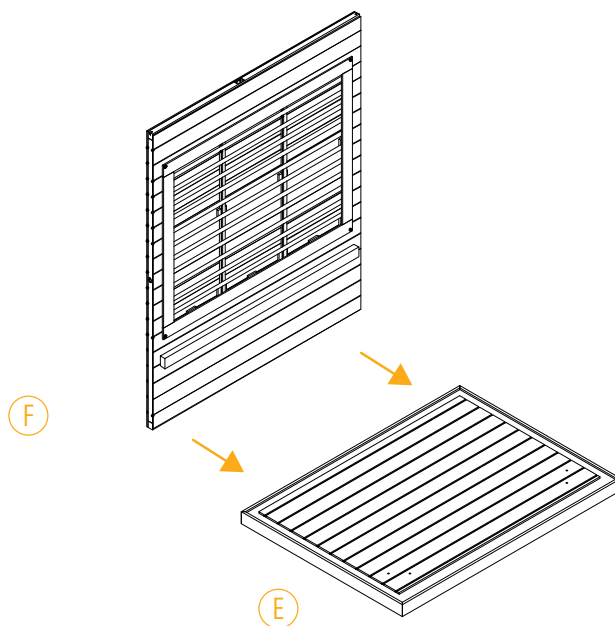
- 153 mm between the back of the sauna and the outletwall.
- 305 mm gap from the top of the sauna to the ceiling.
- Place the sauna next to the wall power outlet to ensure you have access to the wall power socket outlet to cut the power to the unit if required.



## STEP 2

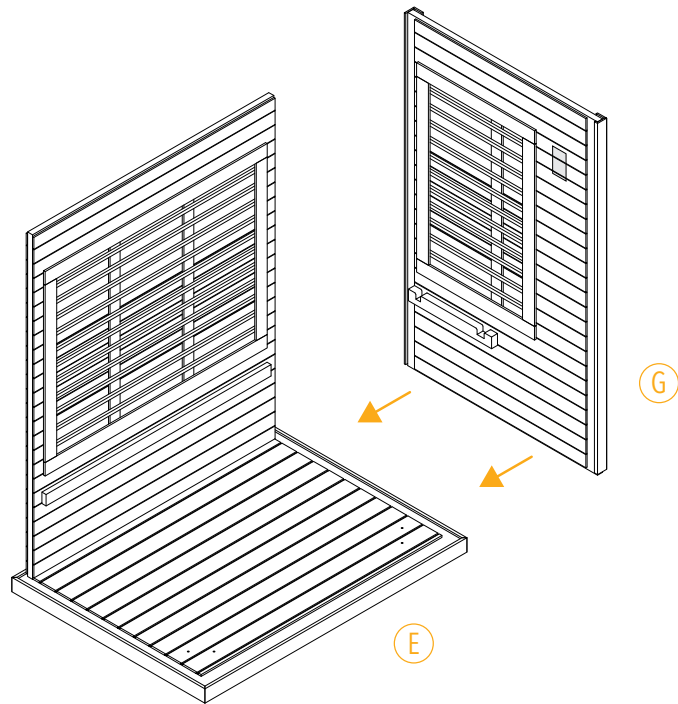
In this step, make sure one person is holding the wall while the other helps balance it and press it in place.

Place the back wall (F) on the back of the floor panel (E). Be sure you have two people assisting with this step. This is the side with the sauna information label on the bottom edge.



### STEP 3

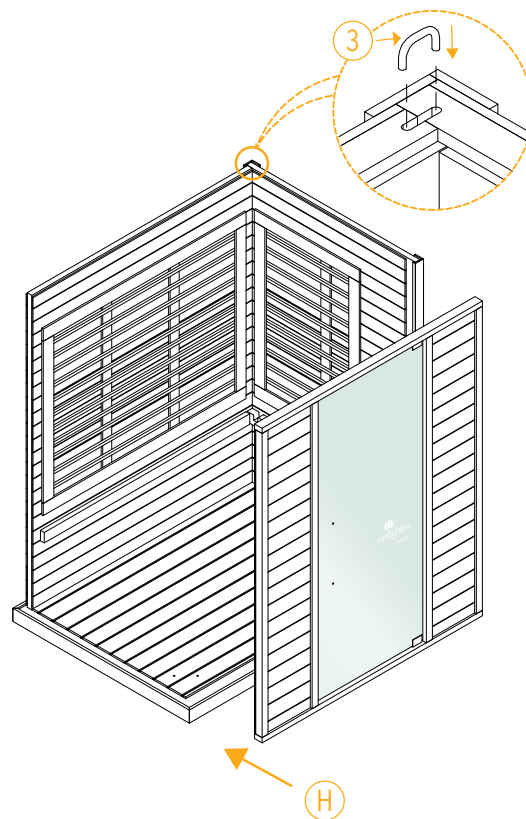
Place right wall **G** on the right side of floor panel **E**. This wall panel should sit flush once properly seated. Make sure no gaps are visible in the corner of the two walls as you insert it. It should be inserted flush.



### STEP 4

As you insert each wall segment, you will insert the U-clips **3** in the pre-drilled holes in the corner. This will keep the walls sealed together.

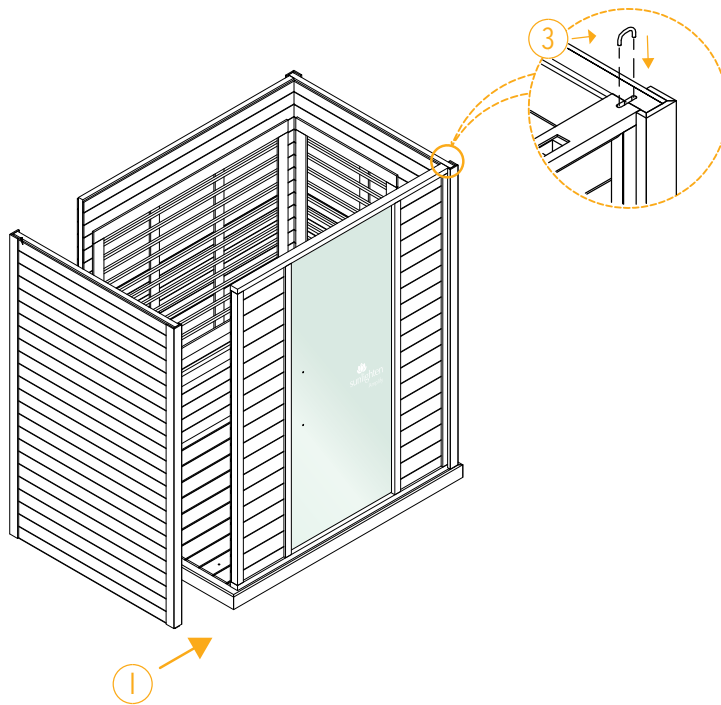
The front wall **H** will be inserted next. Be careful of the glass door and panel as you insert the wall.



## STEP 5

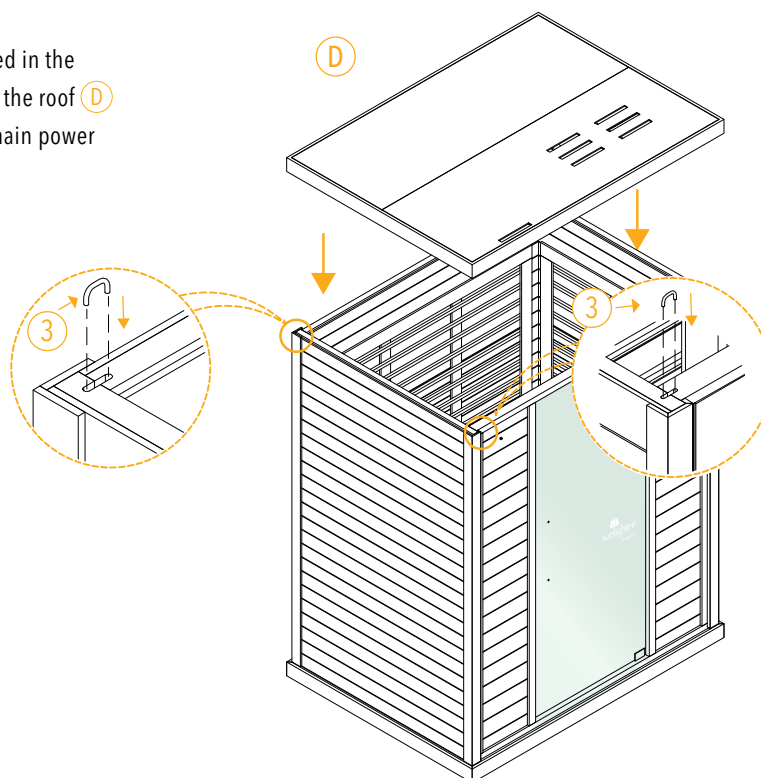
After securing the U-clip ③, the left wall ① will be the last to be inserted. Make sure it is flush and no gaps are showing in the corners.

NOTE: If you ever have trouble getting a U-clip to slide in, this can be resolved by tapping it with a hammer.



## STEP 6

Once all the U-clips have been inserted in the corners, the next step will be to place the roof ④ on top. Make sure the side with the main power cord receptacle faces the back.



## STEP 7

Please make all connections on roof of sauna as illustrated. To do this, you will first need to remove the dust cover by removing many screws.

Back Heater/Blaupunkt Receiver/Sound Therapy Receiver

Left Wall Heaters

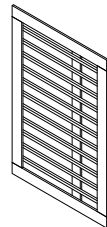
Full Spectrum Heater

Right Wall

Control Panel

Full Spectrum Heater

Before the bench (J) is placed, make sure the heater frames are taken out to allow the bench to be placed on its support.



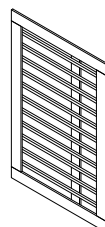
heater frame

J

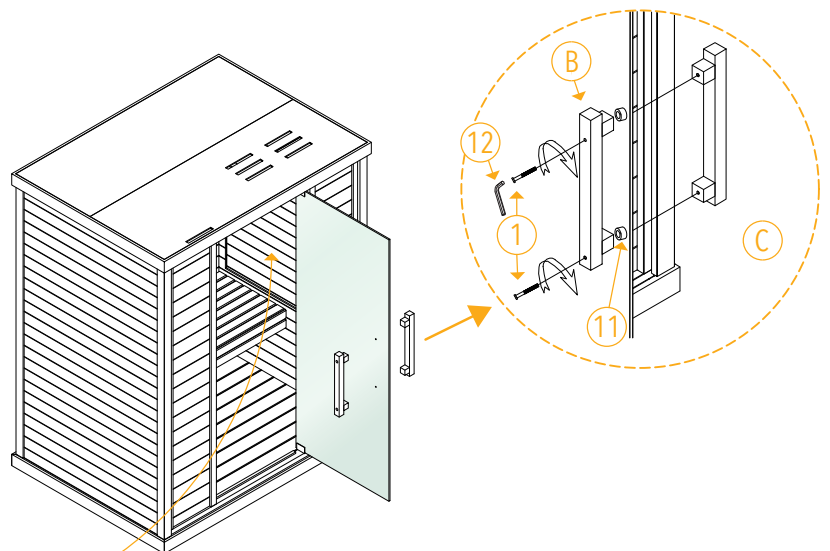
## STEP 8

With the bench installed, the heater panel frames can be inserted back into their respective walls.

The door handles come with the hardware and can easily be screwed right in. A second person should hold the handle while the other screws the bolts in with the Allen wrench. The dust cover should also be replaced.

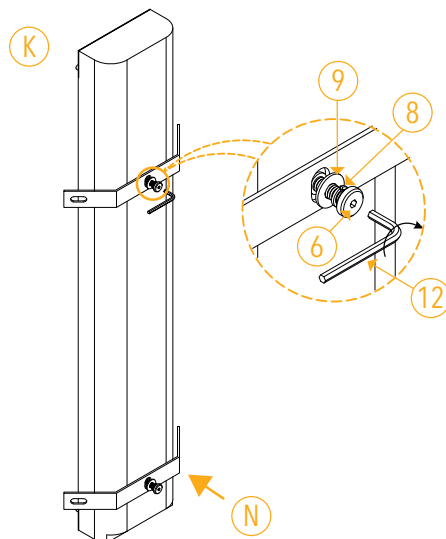


heater frame



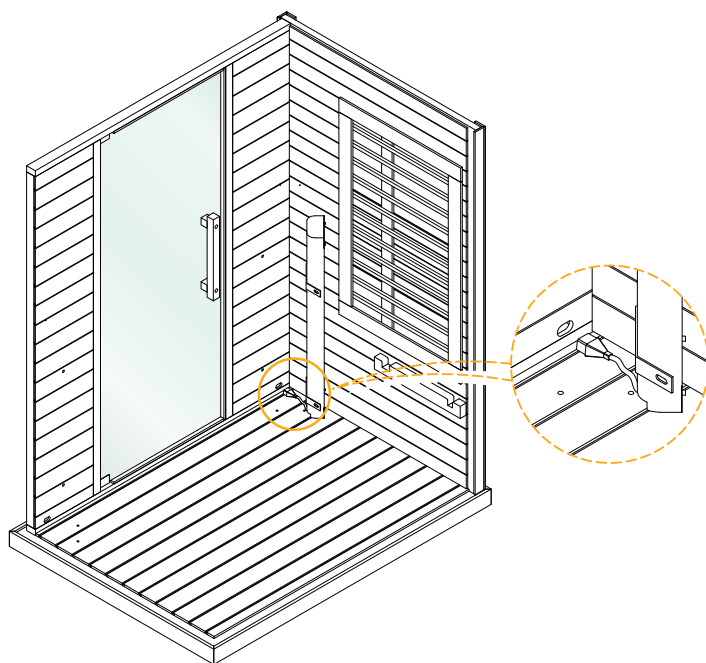
## STEP 9

Connect 2 brackets (N) to the back of the Full Spectrum heater (K).



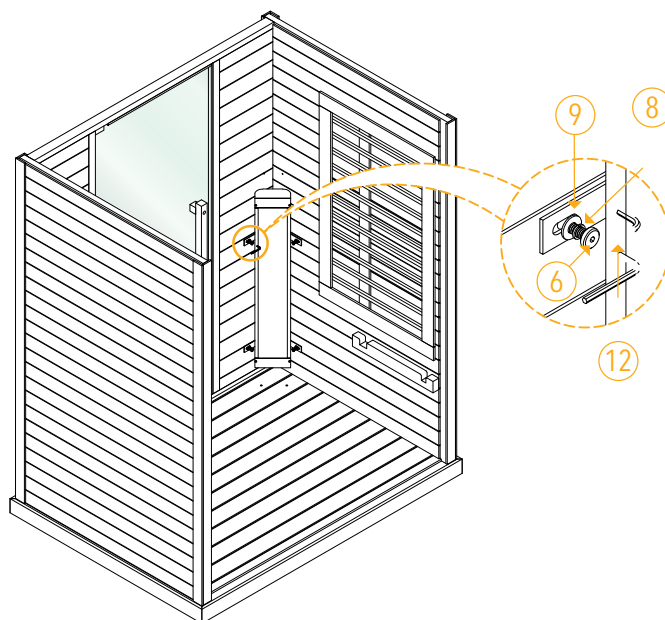
## STEP 10

Connect the cable at the base of the Full Spectrum heater (K) to the socket at the base of the inside front wall.



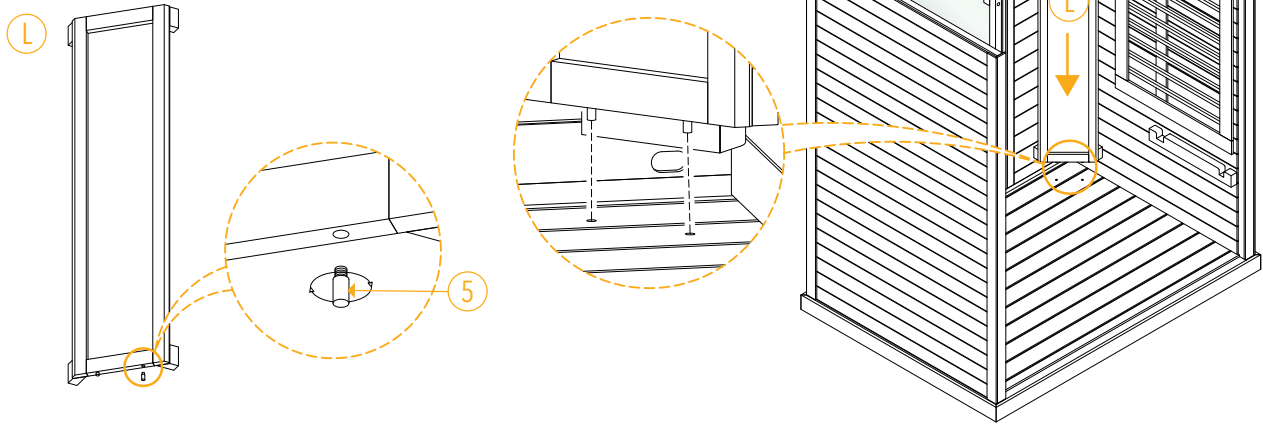
## STEP 11

Fix both brackets (N) attached to Full Spectrum heater (K) on either side of heater into pre-drilled holes on front right inside corner sauna walls. Repeat Steps 9-11 for the second FS Heater on front left inside corner sauna walls.



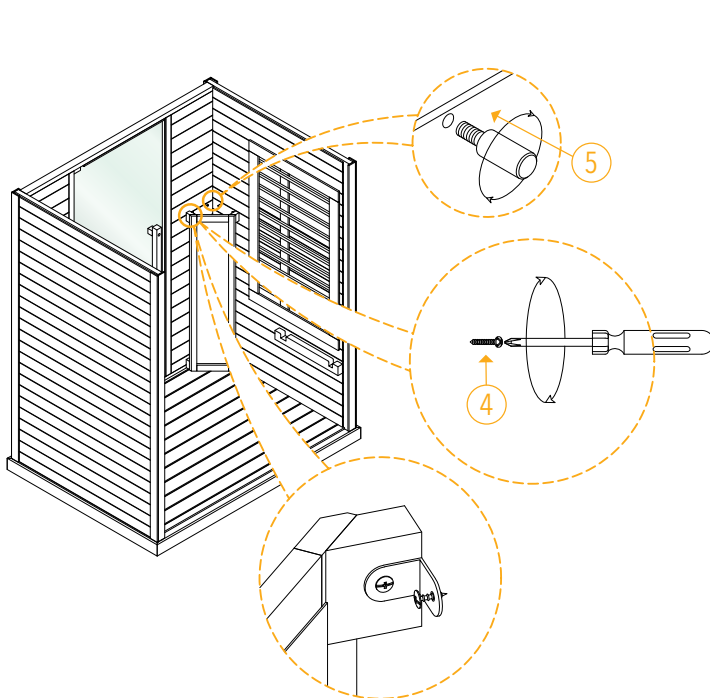
## STEP 12

Place FS Heater Cover (L) to the Full Spectrum heater (K) by securing into pre-drilled holes in floor panel.



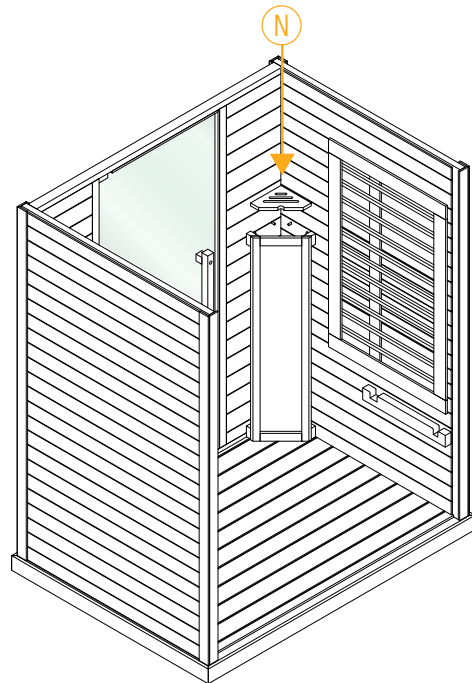
## STEP 13

Insert (5) into pre-drilled holes on walls for the FS heater top panel (N).  
Screw (4) into pre-drilled holes to secure brackets.



## STEP 14

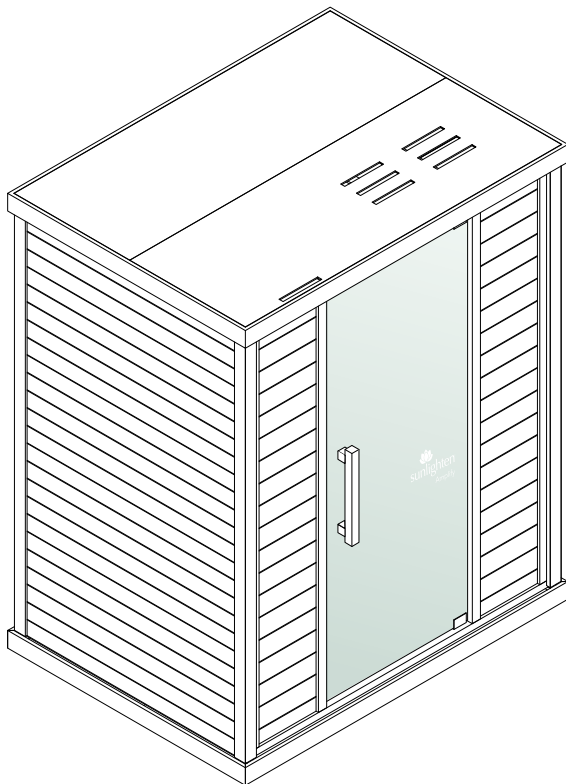
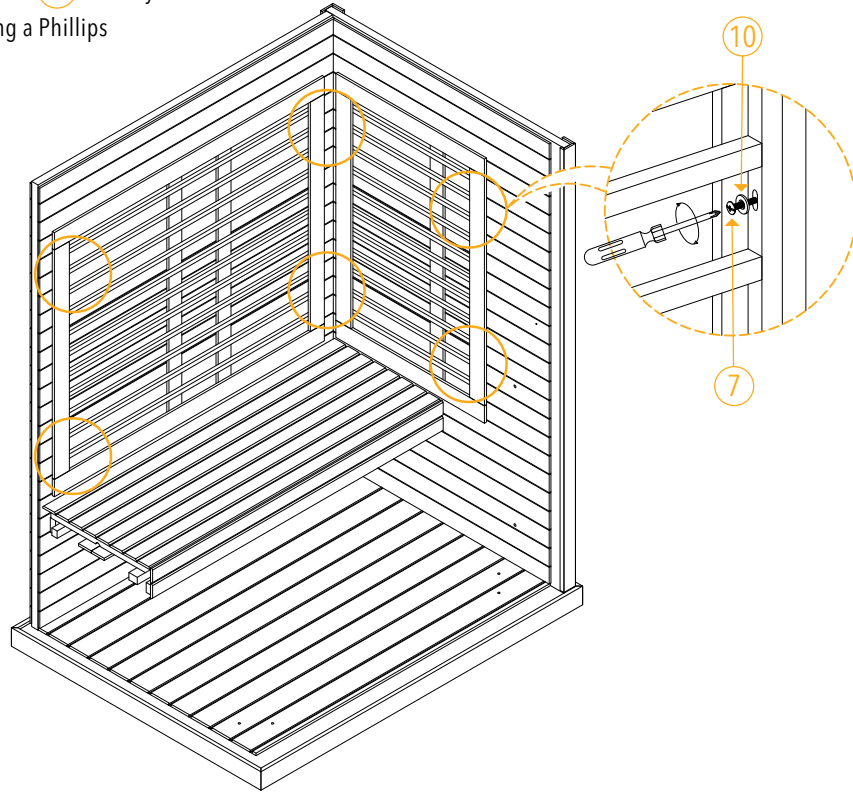
Add FS heater top panel (N) to both FS heaters.





## STEP 15

Make sure that screws **7** and washers **10** are fully secure in their pre-drilled holes using a Phillips screwdriver.



CONGRATULATIONS, your sauna is now ready to enjoy!  
If you have any queries, please call  
**Sunlighten Customer Support** at **0330.808.1203**.

09182023