



alpine **saunas**™



Indoor Infrared Sauna (HY-YM6008)

Installation & Owners Manual

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IMPORTANT SAFETY & OPERATIONAL CAUTIONS



PLEASE READ ENTIRE MANUAL THROUGH 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.

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. Dry off before entering the sauna. Excess moisture will cause damage to wood.
11. Place a dry towel on the bench to sit on.



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.

Installation Parts

1x Back Panel

1x Left Side Panel

1x Right Side Panel

1x Bottom Floor Panel

1x Roof Panel

1x Roof Panel Cover

1x Bench Seat

1x Under Bench Heater

4x Glass Panels + 2 plastic trim

1x Glass Door

1x Door Handle Set

2x Front Heaters + Bulbs & Wooden Protective Cover

Screws

2x 6*75mm - Door Handle Screw

2x 4*40mm - Bench Seat Screw

6x 6*55mm - Back Panel

7x 4*40mm - Roof Panel

18x 3*15mm - Roof Panel Cover

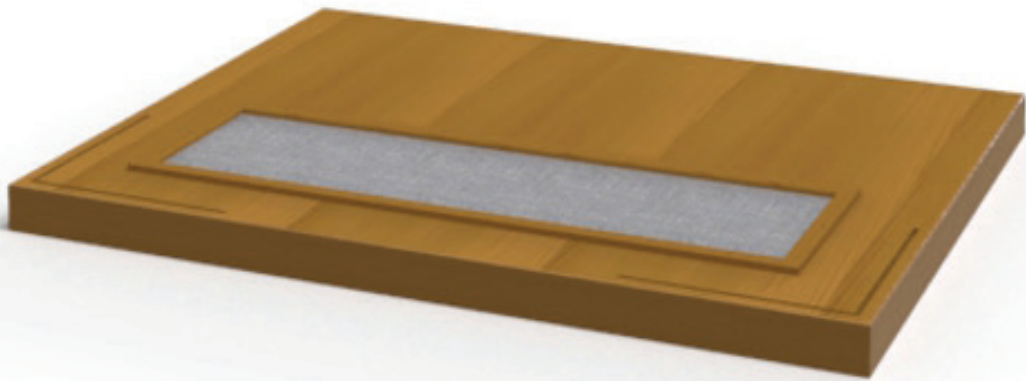
2x dome head screws - Front Heaters

INSTALLATION REQUIREMENTS

1. Your sauna can be plugged into a regular house socket but will draw close to 10A. Try to plug into a electrical house circuit that does not share 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 be placed indoors and in a dry area. Excess moisture will cause damage to the interior and exterior of the sauna.
6. We recommend 2 persons to install the sauna.

ASSEMBLY INSTRUCTIONS

1. Simply place the floor panel on a flat level surface.
The tiled area is the front of the sauna.



2. Place the back panel on the bottom floor panel, lining it up against the raised support. Have someone hold the back panel until one of the side-panels has been installed.



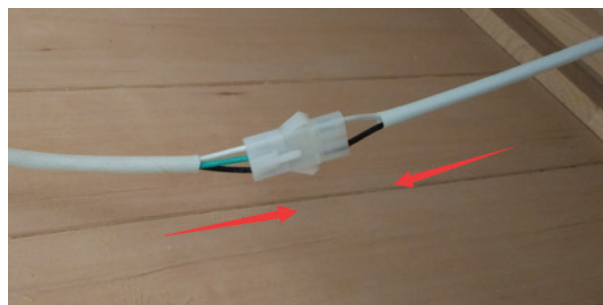
ASSEMBLY INSTRUCTIONS

3. Place the left and right side panels onto the floor panel one at a time, aligning them with the back panel. With a side panel flush, use the 6*55mm flat head screws (3 for each side panel) to fix the back panel to each side panel tightly.



6*55mm Screw

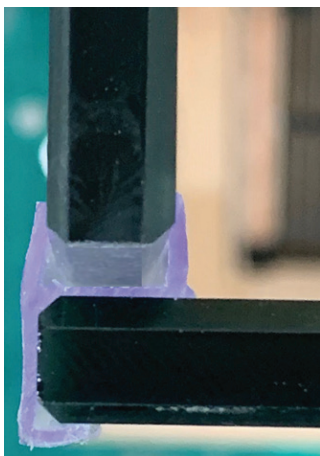
4. Slide the bench heater panel down into place following the support guides on the side walls. The heater grill should face towards the front of the sauna. Connect the bench heater cable to the sauna via the provided connection cable.



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

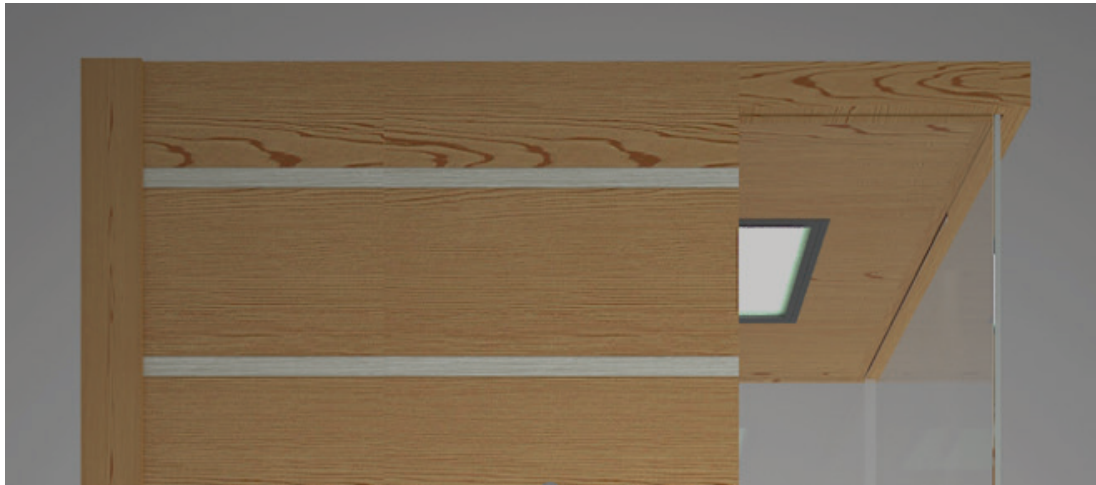


- 6.** Insert a glass panel into the groove slot provided along the edges of the bottom panel and the side panel. Add the plastic trim onto the glass and centre it to allow 1cm at the top and bottom of the panel as to not interfere with the groove. Cutting the trim may be required. Insert another glass panel into the remaining slot and plastic trim. Repeat for other side.

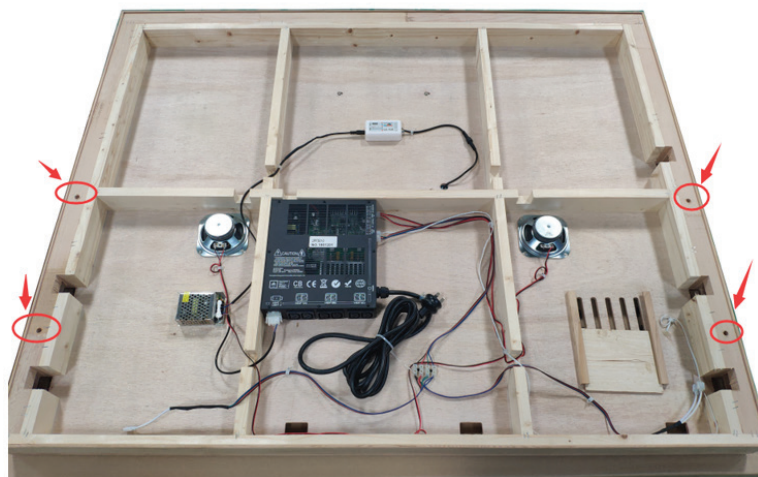


7. Place the top roof panel onto the sauna while feeding the power cables up through the openings provided. Gently slot the roof over the glass panels.

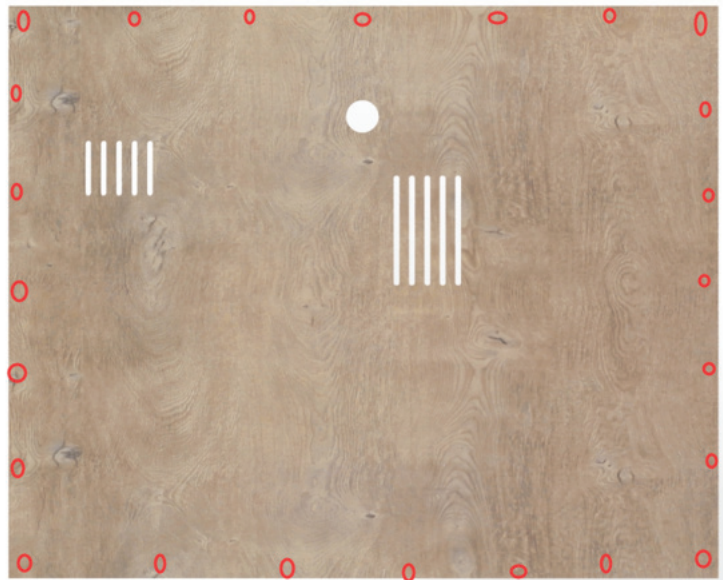
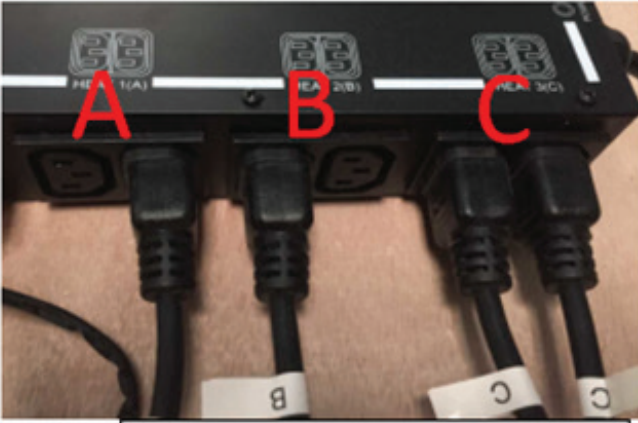
Note that if the roof does not sit down flush, the plastic trim may be interfering and either needs to be adjusted or trimmed down.



With the roof flush, screw the top roof panel into the side panels using the 4*40mm screws provided.

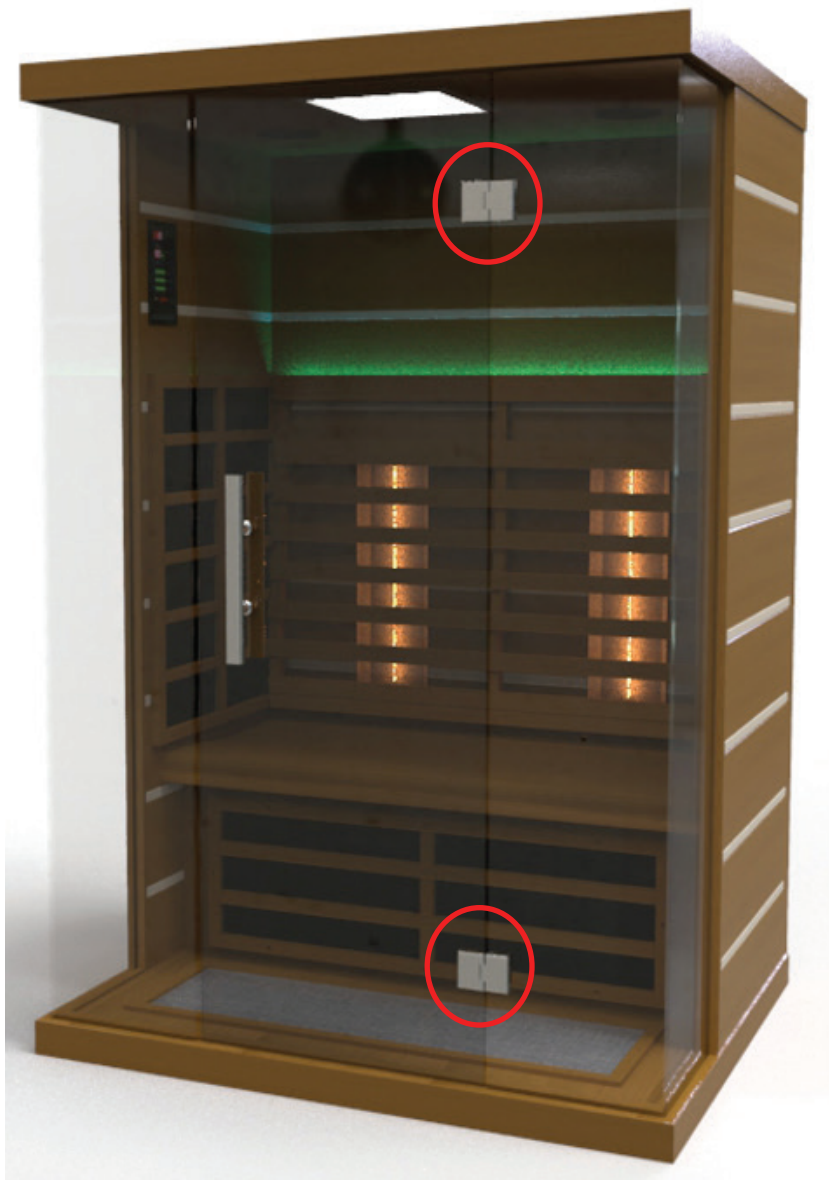


- 8.** Install the heater plugs and control panel / lighting plugs as per the diagrams above.



Lay the roof cover over the top roof panel and attach down with the 18x tacks provided.

9. Install the front glass door using the hinges provided. This step takes extra care and two people are required. Screw in the hex screws lightly and then have the second person hold the door as high up as the hinges will allow, then screw them in tight. This may take some readjustment to have the door open smoothly.



- 10.** 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.

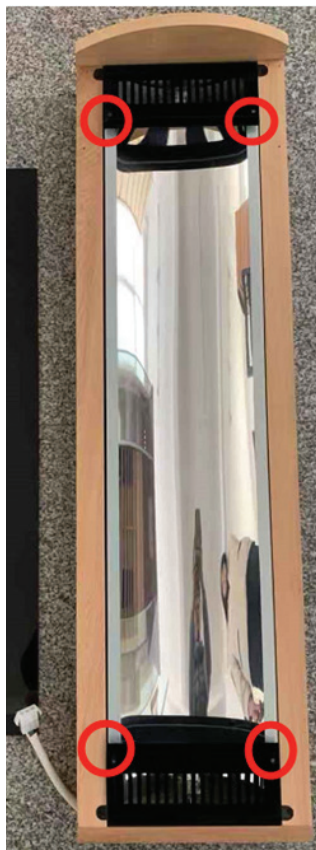


- 11.** Two front heaters are included which first need the bulbs installed. Handle the bulb with care- protective gloves are recommended.

Unscrew the 4 small screws to remove the black glass front (figure A).

Gently insert (either way around) the glass bulb into the socket at one of the ends and push in slightly against the spring to allow the bulb to fit into the opposite end socket (figure B).

Replace the glass cover + screws (figure C).



A



B



C

- 12.** Place the wooden protective covers over the glass side of the front heaters. Align the cover so that the bottom is flush with the bottom of the heater (this will allow for a small gap at the top of the front heater for air flow - see figure D).

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 (figure E).

Screw both heaters into place using the dome head screws (figure F).



D

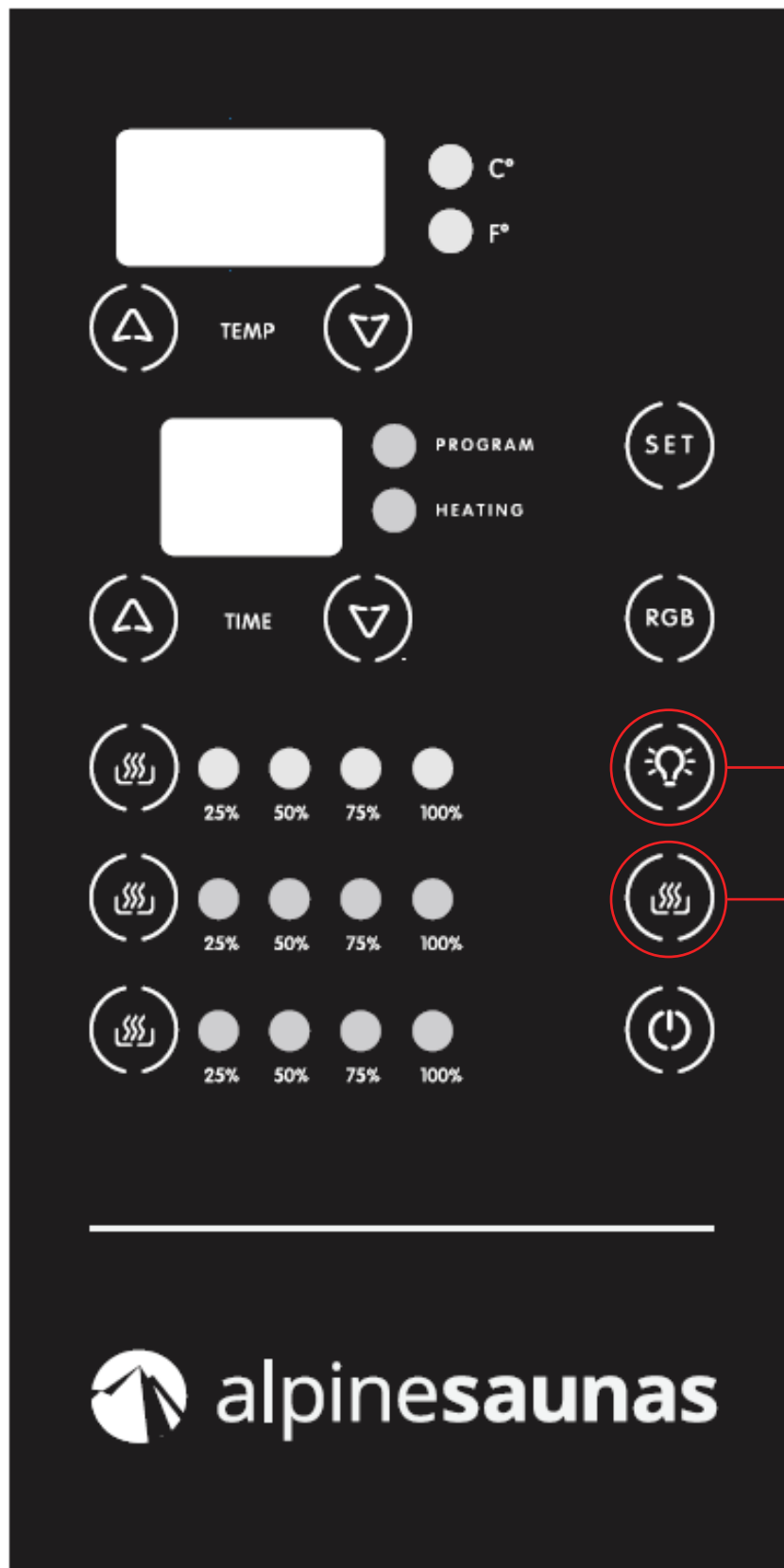


E



F

Overview of Control Panel



Buttons Inactive.

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 the Heaters

Press “Power” button again. 

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

The default heat temperature is set to max (70°C).

3. Setting Session Time

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 time display will show the remaining minutes until the session ends and the heaters are disabled.

4. Temperature Adjustment

Temperature can be set between 20 - 70°C.

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.

5. Adjusting the Heater Strength

The heaters are divided into 3 groups and the power of each group can be controlled at 100%, 75%, 50%, 25%.

Use the  buttons to adjust the levels of the heaters.

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.

6. 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. Turn the sauna off and back on again. Then set the desired temperature and allow it to time out back to the default temp screen.

2. Press “SET” once. 

3. Use both the TEMP (to change hours) and TIME (to change minutes) “UP/DOWN ARROWS” to set a countdown time.

4. No further action required. The system will begin heating to the set temperature after the set time has elapsed. (e.g. Setting the temp screen to ‘4’ and the time screen to 30 - at 8AM would start the sauna heating up at 12:30PM)

7. Lighting

Press the “RBG Lights Button” to turn the lights on. 

Continue to press the button to cycle through the available colours. The last option in the cycle is ‘auto’ mode which will ‘step’ through the colours in a cycle.

Hold down the button to switch the lights off.

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. 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.
4. 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.
5. Always drink plenty of water before, during, and after a session. Doing so will replenish lost fluids from the body through perspiration.
6. Take a cold shower after to refresh.
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.

If reading through this manual and following the instructions has not resolved your issue, please contact Alpine Spas:

EMAIL
service@alpinespas.co.nz

OR PHONE: 0800 99 33 88

SELECT TECHNICAL SUPPORT FROM THE OPTIONS
Support is available Monday to Friday: 9.00am - 5.00pm