



FAR INFRARED SAUNA

OPERATION MANUAL



CONTENT

INSTRUCTIONS FOR PRODUCT INSTALLATION AND USE

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Thanks for choosing infrared sauna room!

Warning: Please inspect all heaters to ensure there is no damage before assembly. Any excessive vibration during transport may cause the heater to damage the element. Do not start the sauna if damage is detected! Please contact your dealer or manufacturer for troubleshooting and parts replacement.

Disclaimer: The infrared rays emitted by your sauna are reported to provide a wide range of possible therapeutic benefits, according to studies completed around the world over the past 25 years. These benefits are only for reference and do not imply that infrared sauna will cure or treat any disease. Please consult your physician before beginning infrared therapy if you have a health problem, are taking prescription medication, or have an acute joint injury. People with surgical implants (metal pins and rods, artificial joints, silicone, or other types of surgical implants) usually do not experience any adverse effects, but they should also consult their doctor or surgeon before starting infrared therapy. Please mention models are subject to change without notice. Pictures shown are for display purposes only and may differ from your exact model.

Please read and follow all instructions before use.

1. Please follow all warning labels and marks in sauna room.
2. Please do not install any sockets on the inside or outside walls of the sauna room.
3. Sauna doors should not be fitted with locking devices that could result in getting stuck inside the sauna.
4. Ceiling vents can be left in the open position during use.
5. Caution! HIGH HEAT HAZARD: Normal body temperature should not exceed 103°F. Symptoms of excessive heat therapy include dizziness, drowsiness, and fainting. Effects of excessive heat therapy may include inability to perceive heat, inability to physically leave the sauna, lack of awareness of impending danger, loss of consciousness, and foetal damage in pregnant women. Heat therapy raises your body's core temperature. It is not recommended to set the desired temperature too high.
6. Hydrate to replenish body fluids before, during and after the sauna.
7. After 2 hours of continuous use, the sauna needs to be switched off for 1 hour.
8. To avoid burns, do not touch the heating elements.
9. Do not use drugs or drink alcohol before or during a sauna as they may cause unconsciousness and/or other harmful physical injuries. If absolutely necessary, people using medications should consult a doctor before a sauna. Some medications may cause drowsiness, while others may affect heart rate, blood pressure and/or circulation.
10. Caution! Please make sure your hands are dry and free of moisture before plugging and unplugging power cords and harnesses from the power supply and circuit board.
11. Do not operate the sauna with wet hands or feet to avoid electric shock.
12. Do not touch the metal pins of the plug.
13. People who are obese or have a history of heart disease, low or high blood pressure, circulatory problems or diabetes should consult a doctor before use.
14. Do not pour water or any other liquid on the infrared emitter.
15. Do not place flammable materials near or on the heater.
16. Do not strike or damage the heating element as this may cause an electrical short circuit and induce a safety risk.

17. To reduce the risk of injury, do not allow children to use saunas unless they are closely supervised by adults and have a doctor's prescription for sauna use.
18. If the power cord is damaged, it must be replaced immediately by the manufacturer or its agent.
- 19 If you notice that the power cord is too hot or the electrical equipment may be experiencing technical problems, please contact the manufacturer or its agent immediately to avoid a dangerous situation!
20. Women who are pregnant or may become pregnant should contact their doctor before use. Excessive temperatures are likely to cause foetal damage during pregnancy.
- 21 Do not sleep in it.
22. Do not stack or store anything on top of or inside the sauna.
23. Do not use during lightning storms to avoid electric shock!
24. Do not attempt to make any repairs yourself.
25. If there is a problem with the sauna, please contact the seller, dealer or manufacturer to avoid a safety hazard.
26. Unauthorized repair attempts will void the manufacturer's warranty.
27. Please make sure the outlet power supply meets the required specifications. Non-compliance may pose a safety risk.
28. Some sauna models are equipped with reading and roof lamps. Do not attempt to touch the lamp as it becomes very hot when energized to avoid burns. Do not attempt to touch it for at least 20 minutes after turning off the power.
29. Do not install the sauna near water, near a bathtub (if water will splash on the sauna), near a shower (if water will splash on the sauna), in a wet basement or near a swimming pool (if water will splash on the sauna).
30. Do not use liquid cleaners or aerosol cleaners in the sauna. Unplug the sauna from the wall socket before cleaning. Use plain water and a soft cleaning cloth.
31. When replacement parts are required, make sure they meet the manufacturer's specified requirements.
32. Unauthorized substitutions may result in fire, electric shock or other hazardous conditions. After making any repairs, have a service technician perform a safety inspection to determine if the sauna is in good working order.
33. Do not use any wall outlet adapters or extension cords between the sauna power cord and the wall outlet. If you must use an extension cord, have a certified electrician make the shortest extension cord possible. Make sure it is not wired in such a way that it could cause a safety problem, such as someone tripping over it.
34. Do not make any changes to the sauna, sauna structure or sauna components!

HBu001A/D

FAR INFRARED SAUNA

— Sample mini model



Device Structure

1. Composition

- 1.1 The product consists of the base, fore-body, rear-body, left-body, right-body and top plate. The left side of the product is equipped with a seat. A lower seat cover is provided under the front of the seat.
- 1.2 The room plates and seat are equipped with inner fasteners. The lower seat cover is embedded in the seat support.
- 1.3 A main power switch and LCD digital control panel are installed in the upper part of the room to control the operational status of the product. Also, a light is installed in the Room.

2. Description of Control Panel

The control switch and status display of the product are on the LCD digital control panel on the front room plate and can be controlled in the Room.

2.1 Power on: After connecting the power, press the "Power" - ON button on the control panel to start up the product. The LCD panel will display the operational status.

2.2 Power off: When working normally, press the "Power" - OFF button to turn off the power of this product and stop working.

2.3 Temperature setting: After starting up, press the "TEMP" button, the setting light and the current temperature will come on the display. You can press the "TEMP ADJUST +/-" button to adjust to the temperature you require at this point.

- Hold down the "+/-" buttons of "TEMP ADJUST" at the same time to switch between Celsius and Fahrenheit.

- The Celsius temperature range is 25-60°C and the Fahrenheit temperature range is 77-140°F. After the setting temperature number stops flashing, it will display the actual temperature inside the Room.

2.4 Time setting: During start up, press the "TIME ADJUST +/-" button to adjust to the required time.

2.5 Light setting: After connecting the power, press the "LIGHT" button, and the light will come on; press the button again, and the light will turn off.

2.6 Foot Care setting: After connecting the power, press the "FOOT CARE" button, to start/stop operation of the foot heating plate.

2.7 Bluetooth Music Connection

- Turn on Bluetooth, search for the Bluetooth device HEHUI-ROOM, and select it to connect the device.
- The mobile phone will display a Bluetooth pairing code for the Bluetooth device. Enter pairing code 0000 to connect to the device.
- After device has been connected successfully, turn on the music player to play music. When receiving a call, you may use the device to answer/end/reject a call.

Installation

1. Installation Instructions

- The product is supplied in a complete package.
- The plate is quite heavy. Please be careful to avoid accidental injuries in the process of installation.
- The product should be assembled by two adults.

2. Installation Steps

- There is a "+" fastener and a "-" fastener on the side of each plate. A "+" fastener is connected to a "-" fastener during installation. The installation method is as follows: Lift the plate with "+" fastener 10 cm above the plate with "-" fasteners (Figure 1); move the plate with "+" fasteners close to the plate with "-" fasteners (Figure 2); and then move it down until the plate with "+" fasteners is aligned with the plate with "-" fasteners (Figure 3). If the height is not equal or there is an obvious gap between the two plates, it indicates that the assembly is wrong and it should be re-assembled.

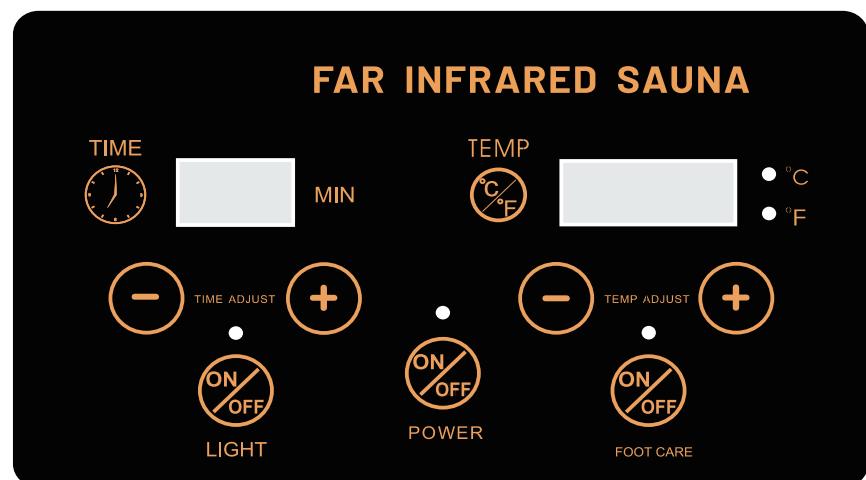


Figure 1



Figure 2



Figure 3

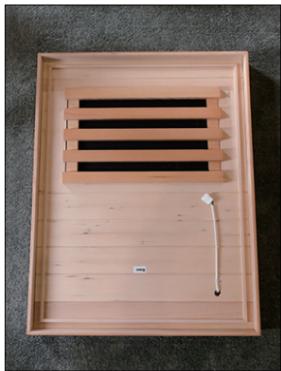


Figure 1



Figure 2



Figure 3



Figure 4

1. Place the base horizontally on the ground (note: the ground must be flat), and make sure that the heating plate of the base is in front. (Figure 1)
2. Place the back piece in the groove of the base. (Figure 2)
3. Place the left side piece in the groove of the base. (Figure 3)
4. Place the right side piece in the groove of the base. (Figure 4)



Figure 5

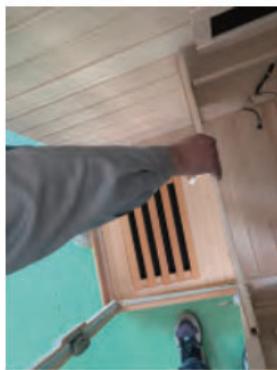


Figure 6



Figure 7



Figure 8

5. Align the grooves on both sides of the seat baffle with the supporting wooden bar tenons on both sides and slide down evenly onto the base to ensure that the grooves on both sides of the seat baffle are all embedded in the supporting wooden bar tenons inside. (Figure 5)
6. Connect the left and right side pieces, the back piece and the heating plate interface of the sole, and rotate and lock it. (Figure 6)
7. Place the seat on the seat baffle, and push back to the rear panel along the seat fixing strips on both sides. (Figure 7)
8. Place the front piece in the groove of the base. (Figure 8)



Figure 9



Figure 10



Figure 11

9. Install the top base, make sure that each wire can pass through the corresponding hole, and make sure that the top base is fully embedded in the four side pieces. Picture 9
10. Butt the interface of the heating plate inside the top seat, and rotate and lock it, paying attention to the direction of the connection. Warning: Remember to not plug the power cord into the power socket when connecting the cord to avoid the risk of electric shock. Picture 10
11. The power cord is located at the left rear of the top base. When using, take out the power cord and insert the plug into a suitable household socket. Picture 11

3. Installation Notes

- 3.1 Tightly fasten all room plate fasteners during installation and be sure the plug under the seat plate is installed correctly.
- 3.2 The product must be placed away from heat sources and moisture, and at least 20 cm away from walls or other objects.
- 3.3 A three-hole socket with a reliable grounding terminal must be used to plug in the device.
- 3.4 The power supply voltage used must be consistent with the voltage value indicated on the product nameplate.
- 3.5 Don't let the power cord be crushed under the room base or other heavy objects, and do not forcibly pull or squeeze the power cord.

Application Method of Product

1. Instructions

- 1.1 Preheating
 - 1.1.1 Close the air hole on the top of the product.
 - 1.1.2 Start operation by pushing the power button on the control panel.
 - 1.1.3 Press TEMP adjustment button to set temperature, temperature can be set up to 40-50°C.
 - 1.1.4 Press the time adjustment button to set the required time (about 20-30 min) and enter the preheating state. After about 20 min, the room reaches the set temperature and keeps constant automatically.
 - 1.1.5 Please don't open the product door frequently.
 - 1.1.6 After the temperature is constant, change the set temperature and open the product door temporarily to accelerate cooling while reducing the internal temperature of product.
- 1.2 Timing
After preheating to the set temperature, adjust the timing switch to adjust to the preset time; Close the product door after entering.
- 1.3 Finish using. Press the power switch to turn off the power supply.

2. Precautions During Use

- 2.1 When using the product, please check whether the power supply meets the requirement (whether there is a grounding device).
- 2.2 Please don't take clothes, shoes, metal jewelry, watches and other items into the product.
- 2.3 Don't put combustibles such as a lighter, liquified gas, gasoline and alcohol and corrosive products such as strong acid and alkaline in the product.
- 2.4 Please don't stretch fingers into the heating plate's protective cover in the hot product.
- 2.5 Don't smoke in the product or bring any fire.
- 2.6 The product may not be made so hot during use in wintertime or cold weather or low indoor temperature (lower than 10°C). To ensure the internal temperature of the product, please keep the indoor temperature at about 20°C.
- 2.7 In principle, don't use the product immediately after a meal, but actually one hour after the meal.
- 2.8 In principle, don't take a shower immediately after using the product, but two hours after using.
- 2.9 When using the product, please drink more warm water to supplement the water lost during perspiration.
- 2.10 Stop using if it is uncomfortable when using the product.
- 2.11 Please wipe sweat after using, keep warm to avoid catching a cold.
- 2.12 Don't remove the parts such as a control panel and heating plate arbitrarily.
- 2.13 It is suggested that the product shall not be used continuously for more than 2 hours.

3. Power Safety

- 3.1 The power supply and power circuit must be provided with reliable grounding during use; the power cord is equipped with a reliable grounding wire to avoid excessive use of product producing a large amount of water vapor and causing electrostatic induction, voltage increase, short circuit, smoking, tripping and other phenomena.
- 3.2 Please don't use the power supply beyond the national standard voltage (e.g. 220V for China, 240V for Malaysia and 120V for America) to avoid fire and electric shock.
- 3.3 Do not work on, curl, or damage the power cord to avoid sparking and electric shock.
- 3.4 Make sure that there is no water or debris in the plug or in the gap to avoid electric shock or other malfunctions.
- 3.5 When plugging in or unplugging the power cord, please hold the head of the plug and ensure

your hands are dry to avoid the risk of electric shock.

- 3.6 Families with pets should pay attention to prevent the pets from biting the power cord or urinating on the plug, which may cause fire or other accidents. When going out, be sure to unplug the device and place the product in a place beyond reach of pets.
- 3.7 Replacement of the power cord other than by professionals is strictly prohibited. Please contact professional maintenance service or electricians for replacement or maintenance.

4.Unsuitable Users

The following groups are strictly prohibited from using the product:

- 4.1 Patients with diabetic foot, severe cardiovascular and cerebrovascular disease.
- 4.2 Patients with cancer in the process of radiotherapy and chemotherapy.
- 4.3 Infants and young children, pregnant women, and menstruating women.
- 4.4 Patients with glaucoma, cataract and bleeding tendencies.
- 4.5 Patients with active tuberculosis, severe arteriosclerosis, malignant tumor, and blood coagulation disorders.
- 4.6 Patients wearing pacemakers, or with steel plates or other metal inside the body.
- 4.7 Patients with burns and fractures.
- 4.8 People with electromagnetic sensitivity.
- 4.9 People with a history of cerebral infarction or myocardial infarction.
- 4.10 People with the lower than normal blood platelets.
- 4.11 People requiring frequent infusions within 2-5 years owing to cardiovascular and cerebrovascular diseases or easily damaged blood vessels.
- 4.12 People drinking a lot of alcohol or taking sleeping pills within the last 24 hours.
- 4.13 Patients with mental disorders, patients who can not take care of themselves, have no self-awareness, and have no independent behavioral ability.

※ If you are not physically healthy, please use this device under the guidance of a professional!

Product Cleaning and Maintenance

1. Cleaning Method of Product

- 1.1 Open the product door and remove the dust, hair and small sundries in the room with a duster or soft hair brush; wipe the whole room, seat and frame feet with a dry towel that has strong water absorption, discharge the moisture in the room and disinfect and sterilize. Power cords should be routed so as not to be stepped on or pinched by any object that may be resting on them.
- 1.2 Enable the machine to run idle at least once a week (30 min each time), so as to keep the dryness of the inner room and reduce the electrostatic induction.
- 1.3 If the room is frequently used, dehumidify it as stated above after each use. A thorough cleaning is also required after each day of use.
- 1.4 If the room is not used or you plan to be away for long periods, ensure that the power is unplugged to avoid potential safety risks.
- Please clean after the product is powered off.
- Please maintain the product when the temperature of the inner room is reduced to the indoor temperature.

2. Precautions for Product Maintenance

- 2.1 Overall movement
- 2.1.1 Pull out the power plug and arrange the power line.
- 2.1.2 Close and fix the room door.
- 2.1.3 When moving the product, please lift the base of the room body rather than push the vertical plate of the room forcibly.
- 2.1.4 Handle with care during movement to avoid room damage.
- 2.2 Equipment cleaning

- 2.2.1 When wiping the room wall and protective cover, please avoid touching the frequency spectrum plate.
- 2.2.2 Don't wipe the product with a chemical cleaner.
- 2.2.3 Don't wash and sprinkle the interior and exterior of the product or wipe the control panel and knob with alcohol or other solvent.
- 2.2.4 Don't dismount, repair and transform the product on its own; if it is necessary to change the controller, please operate when the product is powered off.
- 2.2.5 Don't use the product as storage space.

Specifications

Technical Data

This product is designed and manufactured according to the safety requirements of relevant standards.

Technical Data

Type: HBu001A/D

Data:

| Type | Rated power | Overall dimension |
|-----------|-------------|-------------------|
| HBu001A/D | 800W | 700*895*1565mm |

Working Conditions

Ambient temperature: -5°C ~ +40°C

Relative humidity: ≤75%

Rated power: 50-60Hz

AC100V AC110V AC120V AC220V AC230V AC240V

Note

- Improvements and changes to the data may be made without further notice.
- Damaged parts or expired components should be disposed of according to the regulations for disposal of general electrical waste.
- In case of any problems, please contact the local dealer or manufacturer.

After-sales Service Guide

1. Free warranty period of product:

12 months or accumulated use of 2000 hours

The free warranty period starts from the date of receipt. Users can enjoy 12 months of free warranty and life-long paid maintenance (during the free warranty period, if the accumulated use time reaches 2000 hours, then the accumulated use time shall prevail).

2. The following conditions are excluded from the scope of the warranty:

- 2.1 Failure caused by force majeure factors (such as war, earthquake, flooding, mudslide, typhoon, lightning, etc.), improper use/maintenance, abnormal operation and modification, or other accidents.
- 2.2 Failure to provide the warranty card and proof of purchase, and product damage caused by disassembly without consent of our technical service personnel.
- 2.3 After the warranty period expires, the Company will provide lifetime paid maintenance and will only charge the maintenance costs.

3. Maintenance Method

- 3.1 Warranty service: Within the free warranty period, in case of a malfunction caused by the product itself, customers can get in touch with our service staff to help you solve problems. Meanwhile, the detailed reasons you should provide so that we can better to assist you in dealing with your issues. If needed, we will send the relevant replacements for troubleshooting. Please feel free to contact us for any issues it may cause before or after your purchase through our website. We are here glad to serve you all the time! (sincerereservice@hotmail.com)

HBu001C

FAR INFRARED SAUNA

•————— Double person standard model



Device Structure

1. Composition

1.1 The product consists of a base, fore-body, rear-body, left-body, right-body and top plate. The left side of the product is equipped with a seat. A lower seat cover is provided under the seat front .

1.2 The room plates and seat are equipped with inner fasteners. The lower seat cover is embedded in the seat support.

1.3 A main power switch and LCD digital control panel are installed in the upper part of the room to control the operational status of the product. Also, a light is installed in the Room.

2. Description of Control Panel

A : Power button

B : Time adjustment key

C : Temperature adjustment key

D : Foot heating

E : Colored lamp button

F : Lighting lamp button

G : Volume control button

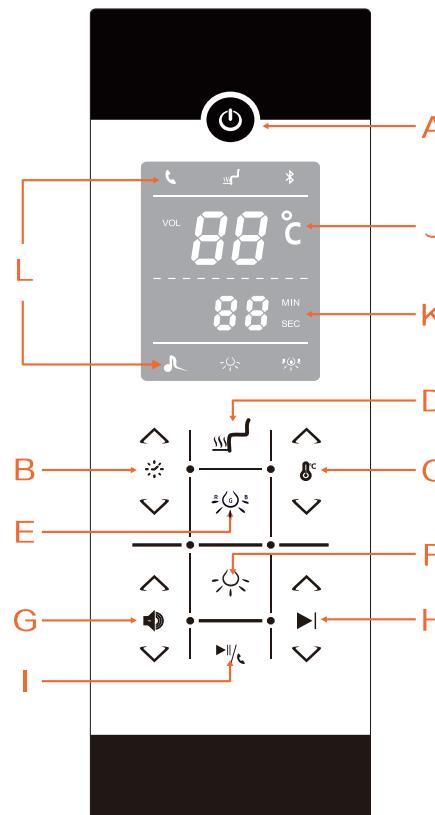
H : Music selection button

I : Music and telephone button

J : Temperature display window

K : Time display window

L : Device status display window



Bluetooth app connection

- Scan the QR code below with your mobile phone, pop up the connection, open and install.
- Open bluetooth, open app, and click "Add Device".
- Enter the search interface and start searching for "Hehui-Room"
- Click "Hehui-Room" and add the device, and the product will give a prompt tone of "Drop", indicating that the connection is successful.
- Return to the operation interface of the sauna room, and then you can perform relevant operations on the mobile phone.
- When Bluetooth is turned off or beyond the Bluetooth connection range, the controller will sound a "Drop" tone, indicating that the connection is disconnected

Operating Instructions

1: Start/Stop

- After turning on the power, press and hold the power button for 2 seconds to turn on the controller. To turn off the controller, press and hold it for another 2 seconds.

2: Time Settings

- To set a timer: Press "Λ" / "∨" until the desired target time is set. Press either button once to display the previously set time and enter the setting mode. Press them again while in setting mode to increase/decrease the duration of the timer by 1 minute per press. The range of settings for the time is limited to 1-60 minutes, and when the device is first activated, the default timer is set to 60 minute.

- After the time has been set, it will count down automatically. After the set time has reached, it will stop heating automatically, "00" will flicker on the timing time display window for 1min and then the control system will shut down.



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If the mobile phone of ISO system
cannot be scanned, please search
for "RIGO" in the app store.

- While setting the time, press and hold “ \wedge ”/“ \vee ” for more than 2 seconds to have the set time continuously increase/decrease by 1 minute per interval. After the time has been set, the number shown in the time display window will start to flicker. If no other operations are performed after it has flickered three times, the device will automatically exit from setting mode and begin to count down. After the countdown is complete, the spectrum energy room will be turned off.
- The spectrum energy room has an automatic memory function, and after each time it is activated and in standby mode, will display the previous length of time set by the user while in standby mode.

3: Temperature Settings

- Set the required temperature:
- Press “ \wedge ”/“ \vee ” until the desired target temperature is set. Press either button once to display the previously set temperature and enter the setting mode. Press them again while in setting mode to increase/decrease the temperature by 1°C per press. The temperature range is limited to $20\text{--}60^{\circ}\text{C}$, and when the device is first activated, is set to 50°C by default.
- While setting the temperature, press and hold “ \wedge ”/“ \vee ” for more than 2 seconds to have the set temperature continuously increase/decrease by 1°C per interval. After the temperature has been set, the number shown in the temperature display window will start to flicker. If no other operations are performed after it has flickered three times, the device will automatically exit from setting mode and display the current temperature.

When the ambient temperature is lower than the set temperature, the spectrum energy room will start to heat up. When the ambient temperature reaches the set temperature, the spectrum energy room will stop heating, and the temperature display window will display the set temperature.

- The spectrum energy room has an automatic memory function, and after each time it is activated and in standby mode, will display the previous temperature set by the user.

4: Foot Heating

- The foot heating plate will begin to heat up automatically after startup. Pressing the foot heating button will turn off the foot heating plate; pressing it again will cause the foot heating plate to start to heat up again.

5: Colored Lamp

- The colored lamp is activated by default after startup, and the color changes automatically and cyclically. While the lamp cycles through its various colors, press the colored lamp button to fix the colored lamp to the currently emitted color. Press it again to resume automatic color cycling. This process may be repeated.

- Press and hold the colored lamp button for 2 seconds to turn the colored lamp is off. You may then press the button to turn the colored lamp on again.

6: Lighting Lamp

- The lighting lamp is activated by default after startup. Press the lighting lamp button to turn off the lighting lamp; press it again to turn the lighting lamp back on.

7: Volume Control

- While playing music, press “ \wedge ”/“ \vee ” to set the required volume. The volume range is limited to 1-10. Press the volume control button to increase/decrease the audio volume by 1 per press, or press and hold it for more than 2 seconds to make the volume progressively increase/decrease by 1 unit per interval. When the power is first switched on, the volume is 5 by default.

8: Music Selection

- While playing music, press “ \wedge ”/“ \vee ” to switch to the previous track or the next track.

9: Playing Music

- While playing music, press the music button to stop playing music, and press it again to play music.

10: Handling Telephone Calls

- After device startup, when receiving a call by Bluetooth, press the phone icon to answer the phone. Press it again to hang up. Press and hold the button for 2 seconds to reject a call.

11: Bluetooth Music Connection

- Turn on Bluetooth, search for the Bluetooth device **HEHUI-ROOM**, and select it to connect the device.
- The mobile phone will display a Bluetooth pairing code for the Bluetooth device. Enter pairing code 0000 to connect to the device.
- After device has been connected successfully, turn on the music player to play music. When receiving a call, you may use the device to answer/end/reject a call.

12: Alarm Function

- When the device is active and four or more buttons are pressed down at the same time, the alarm function is enabled. Perform this action again to disable the alarm function.

Installation

1. Installation Instructions

- The plate is quite heavy. Please be careful to avoid accidental injuries in the process of installation.
- The product should be assembled by two adults.

2. Installation Steps

- There is a "+" fastener and a "-" fastener on the side of each plate. A "+" fastener is connected to a "-" fastener during installation. The installation method is as follows: Lift the plate with "+" fasteners 10 cm above the plate with "-" fasteners (Figure 1); move the plate with "+" fasteners close to the plate with "-" fasteners (Figure 2); and then move it down until the plate with "+" fasteners is aligned with the plate with "-" fasteners (Figure 3). If the height is not equal or there is an obvious gap between the two plates, it indicates that the assembly is wrong and it should be re-assembled.



Figure 1



Figure 2



Figure 3



1. Suggest three or more persons to complete the installation. Place the bottom of the sauna on the level floor.
2. Place the back of the sauna (with control panel) in the bottom slot and need a person to hold it.
3. Install the right piece of sauna room, place the right piece on the buckle of the back piece, and buckle it.
4. Install the left side of sauna room, place the left piece on the buckle of the back piece, and buckle it.
5. Install the big baffle, the left piece baffle is stuck into the fixed strip of the left side of the baffle, and then the other side of the baffle is pushed into the edge of the right piece baffle.



6. The baffle installation is completed as shown in Figure 6.
7. Plug in the connecting wire pair behind the baffle.
8. Install the front side of sauna room, place the front side piece on the buckle of the right piece, and buckle it.
9. Install the small baffle plate and clamp the small baffle plate into the baffle plate fixing strip of the front side plate and the large baffle plate.
10. Plug in the connecting wire pair behind the small baffle.