

*Finnish  
sauna*

***LUBI***



Thank you for choosing our Finnish sauna and congratulations on your purchase. We are confident that your whole family will enjoy everything this product has to offer and that you will enjoy using it for years to come. Read this manual carefully and in detail before using the sauna for the first time. We recommend that you retain this manual for regular review and future reference.

The images shown in the instructions may not correspond exactly to the delivered design; these serve mainly for a better understanding of the text of the instructions.

The manufacturer and supplier reserve the right to make changes to the product without the need to update this installation and use manual.

## **SAFETY INSTRUCTIONS**

1. Before using the sauna, carefully read all instructions in this manual and follow them.
2. You should always observe basic safety precautions when installing and using this electrical equipment. To power this appliance, use a power circuit socket that is installed according to valid technical standards and that is protected by a circuit breaker with an appropriate current value and characteristic. We recommend that the power supply be equipped with a circuit breaker with a tripping current not exceeding 30 mA, especially when installing in bathrooms or other wet areas.
3. Do not use your sauna in the immediate vicinity of water, for example near a bathtub or on a wet foundation or near a pool, etc.
4. The power cord should be routed to reduce the likelihood of being stepped on or pinched by items placed on or against the cord. Ensure proper protection of the power cord, do not lay it flat on the floor as this is very dangerous. When you are not using the device, unplug the power cord and coil it up. Disconnect the power cord from the outlet by pulling the plug, not the cord. This could damage the cable or socket.
5. Before turning on the sauna every time, inspect it for signs of damage and check to make sure that there are no flammable objects in the sauna and especially near the stove.
6. Warning: Do not touch the stove while the sauna is in use; their temperature exceeds 70 °C and contact with their surface can cause burns. Do not cover the stove, there is a risk of fire. When the sauna is in use, do not touch the outer part of the stove walls - they can be very hot, there is a risk of burns.
7. When parts need to be replaced, make sure that the replacement parts are specified by the manufacturer or have the same characteristics as the original parts. Use of unauthorized parts may result in fire, electric shock or other hazards. After the repair, ask the service technician to carry out safety checks to determine that the sauna is already in proper operating condition before you can use it again.
8. The device is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, unless their supervision and instruction is ensured by a responsible person; by persons who are not familiar with operation within the scope of this manual; persons under the influence of drugs, narcotics, etc., reducing the ability to react quickly.
9. Do not use the sauna immediately after strenuous exercise. Wait at least 30 minutes to allow your body to cool down.

10. Danger of overheating. Normal body temperature should not rise above 39°C (103°F). Symptoms of excessive overheating of the body include dizziness, lethargy, drowsiness and fainting. The consequences of excessive overheating of the body can include the inability to perceive heat, the physical inability to leave the sauna, failure to recognize imminent danger, loss of consciousness and fetal damage in pregnant women. Overheating causes your body's internal temperature to rise, so high temperature settings for sauna use are not recommended.
11. Use of alcohol, drugs or certain medications before or during the sauna may lead to loss of consciousness.
12. Never sleep inside the sauna while the sauna is in working mode.
13. Do not use steam cleaners, high-pressure cleaners or water sprayers to clean the sauna. Use only preparations that are directly intended for this purpose.
14. Do not place any objects on the upper or inner walls of the sauna. Do not bring pets or metal objects into the sauna. The sauna is not intended for drying laundry.
15. If the supply cable is damaged, you must arrange for the immediate replacement of this cable through the manufacturer or its representative or a similarly qualified person. If you find that the power cord is too hot, it may indicate that there is a problem with the electrical equipment, in which case have it checked by the manufacturer or its representative to avoid danger.
16. Do not use the sauna during an electrical storm to avoid the risk of injury electric discharge.
17. Do not switch the power supply and heating system on or off repeatedly, as this could damage the electrical equipment.
18. Dry your hands before inserting or removing the plug from the power circuit. Never touch the cable with wet hands or wet bare feet to avoid the risk of electric shock. Do not touch the metal terminals of the outlet or the plug of the power cable with your fingers.
19. Do not use the sauna if the supply cable is damaged, if it is not working properly or if it is damaged. Do not attempt any repair yourself; If you have any problem, please contact your sales representative or manufacturer, otherwise it may violate the safety policy. Unauthorized repair attempts will void the manufacturer's warranty.
20. Make sure that the socket for connecting to the electrical supply network has sufficient parameters for the operation of the sauna; if the power consumption is high, the outlet could overheat and possibly cause a fire.
21. In some sauna models with roof lights, the temperature of the light is very high as soon as you turn on the sauna and turn on the light. Do not touch the light, it could burn your skin. Also, do not touch this light for 20 minutes after heating is finished.
22. Do not pour water or other liquids into parts of the stove that are not intended for this, or on other electrical appliances. devices or hit them with any hard object, as this could cause a short circuit, which could cause a fire or a power outage.
23. This product contains an energy class (G) light source.

## **WHEN TO AVOID USING THE SAUNA**

1. It is recommended that the sauna is not used within 24 hours after exposure to UV radiation from artificial sources or sunbathing.
2. Prescription drugs: always consult your doctor or pharmacologist regarding possible interactions with the effects of your medications. Some medications, such as diuretics, antihistamines, beta-blockers, and barbiturates, can negatively affect the body's natural ability to regulate heat. Both prescription and over-the-counter medications fall into this category.

3. Heart disease: sauna therapy is unsuitable for patients with certain heart diseases including hypertension or hypotension, chronic heart failure or problems with coronary circulation. If you suffer from one of the above diseases, prolonged exposure to elevated temperatures can be dangerous, as its direct result is an increase in heart rate of about 10 beats (but in some cases up to 30) per minute for each degree of increased body temperature. This contraindication also applies to patients with blood pressure medication or a pacemaker - some saunas may contain magnets that can affect its operation.

4. Children and the elderly: children and the elderly are two age groups for which consultation with a doctor is recommended before sauna use. Although for both of these age groups it is generally safe and beneficial for them to use the sauna, the body temperature of children rises significantly faster than that of adults and their ability to thermoregulate with the help of sweating is not yet as developed as that of adults.

Similarly, the ability to maintain optimal body temperature and the function of the sweat glands decrease with age, so caution should be exercised in both of these age groups and sauna therapy should be discussed with your doctor.

5. Joint problems: an acute joint injury should not be heated for the first 48 hours or until the redness and swelling subsides. In cases of chronic joint swelling, it is possible that they will not respond favorably to heat therapy.

6. Pregnancy: sauna use is not recommended during pregnancy (or suspected pregnancy). As the body temperature increases, the temperature of the amniotic fluid can also increase, which in extreme cases could lead to damage to the fetus and birth defects. It is also much easier for pregnant women to overheat the body leading to unconsciousness. The heart and blood vessels during pregnancy work at an increased capacity even under normal conditions in order to be able to nourish the developing fetus, and if the body overheats, the demands on the heart and blood vessels will increase even more. This results in reduced blood flow to internal organs including the heart, which can lead to loss of consciousness.

7. Certain diseases: raising the core temperature may be inappropriate for individuals with multiple sclerosis, systemic lupus erythematosus, diabetic neuropathy, Parkinson's disease, tumors of the central nervous system or adrenal insufficiency (such as Addison's disease). People suffering from hemophilia or bleeding conditions should also avoid using a sauna, as the heat causes blood vessels to dilate. People suffering from fever or sensitive to heat are also not recommended to use the sauna. However, any patient with any implant should consult their surgeon about sauna use. As with massages, the use of the sauna is not suitable for any infectious disease, under the influence of alcohol or drugs. And as with any similar activity, the following applies: If you experience discomfort, or even pain or deterioration of your health, stop using the sauna immediately.

If you have any health problems, always consult your doctor before using a sauna!

Caution: If redness of the skin persists after using the sauna for more than one day, do not use the sauna again and consult your doctor.

## PRODUCT PRESENTATION

A Finnish sauna consists of a wooden cabin, a sauna stove and sauna accessories. Wooden cabin includes BOTTOM PLATE, TOP PLATE, LEFT PLATE, RIGHT PLATE, BACK PLATE, FRONT GLASS PLATE + DOOR, BENCH, LIGHTING.



The sauna stove and sauna accessories are not included in the package of this product. Contact your dealer.

## ASSEMBLY INSTRUCTIONS

Please read the instruction manual carefully before installation. 2 adults are required to assemble the sauna.

Note: Read all instructions carefully before proceeding with the installation of the sauna and remember that basic safety precautions should always be followed when using the sauna. Also study the instructions for sauna accessories, especially sauna stoves and their installation conditions.

Before the actual installation, it is important to choose a suitable place for the sauna:

1. The location of the sauna is only possible in a temperate area with low air humidity. Avoid placing the sauna in damp areas with poor ventilation (air circulation). When the sauna is heated, moisture in the air condenses in humid areas, which can have a negative effect on the lifespan of the electronic components of the sauna during long-term use.
2. We recommend placing the sauna in a room with an air temperature of at least 15°C. The external ambient temperature directly affects the internal temperature of the sauna. If you place the sauna in a cold environment, the internal temperature in the sauna will not reach the specified maximum values.
3. The sauna must be level. It is necessary to ensure that the base under the sauna is solid and horizontal and sufficiently load-bearing for the weight of the sauna and the people taking the sauna. Uneven surfaces must be leveled.
4. The place for the sauna must be at a safe distance from the source of running water (bathtubs, showers, sinks, etc.).
5. A 230 V/50 Hz power supply socket must be installed near the sauna, i.e. within reach of its power cable, with sufficient current protection, corresponding to the current consumption (power input) of the sauna and sauna stove - see sauna and sauna stove production label. We recommend installing the power supply i circuit breaker with tripping current not exceeding 30 mA, especially when installed in bathrooms or other similar spaces.
6. The power supply cable must be easily accessible so that if necessary, possible to quickly disconnect the supply cable from the power source.

## TOOLS REQUIRED

Screwdriver, steps

## ORDER OF ASSEMBLY

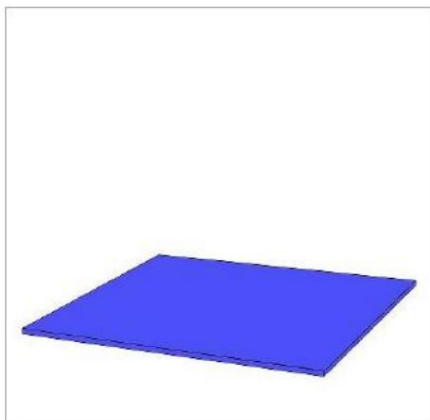
BOTTOM PLATE - BACK PLATE - RIGHT PLATE - LEFT PLATE - SIDE PLATE

FOR BENCH - BENCH SEAT - FRONT PLATE - TOP PLATE - LIGHTING

SAUNAS - STONE ENCLOSURE - DOOR HANDLE

Note:

1. On the wooden parts of the sauna, which are hidden from view, there may be minor damage caused during production (scratches, scratches, etc.), which do not affect the function of the sauna or reduce its final appearance.
2. During the use of the sauna, small cracks may appear in the wood. This is not a defect product, but a common property of the wood used.
3. The sauna door is not designed to hermetically close the sauna. If you use the sauna in a cold place, you can provide the door with a suitable seal.

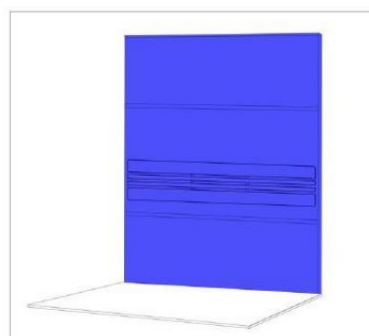


**A. Place the *BOTTOM PLATE*.**

Place the *BOTTOM PLATE* on the place where the sauna will stand. Pay attention to the correct location.

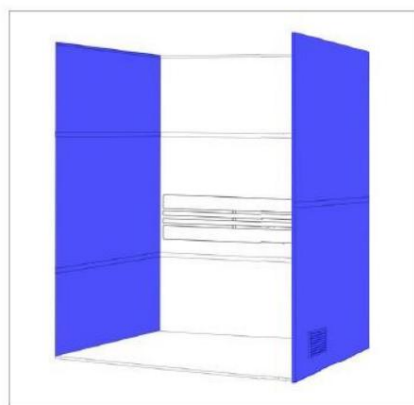
**B. Place the *BACK PLATE*.**

Place the *BACK PLATE* in the back of the floor - slide it in. The wall will not stand by itself, it must be supported by hand before you attach another wall.



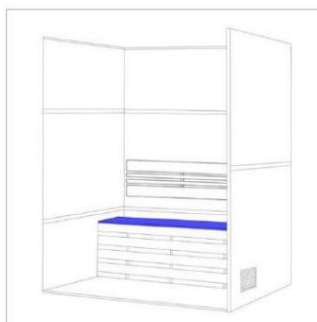
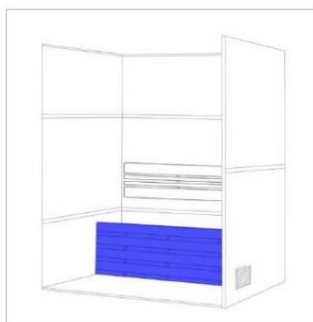
**C. Place the *RIGHT and LEFT BOARDS*.**

Place the *RIGHT PLATE* and then the *LEFT PLATE* to the *BACK PLATE* and fasten both with snap clips.



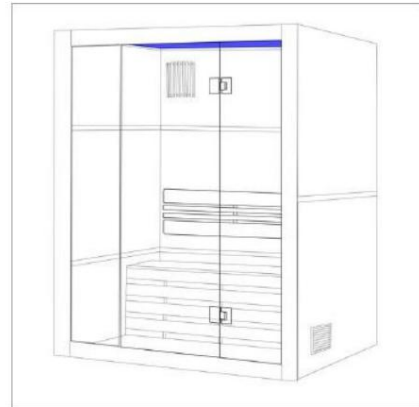
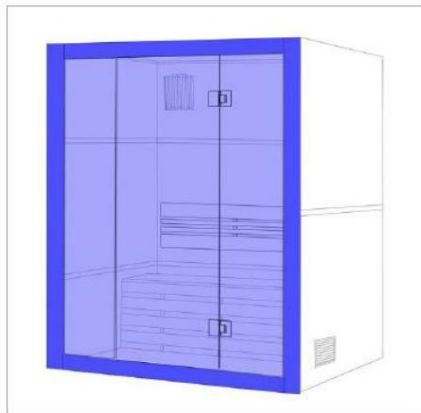
**D. Install the *BENCH*.**

Insert the side part of the bench into the guide groove, and finally place the seat of the bench.



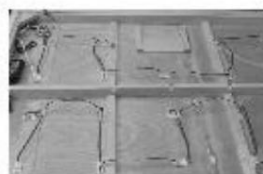
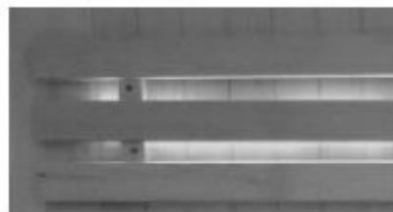
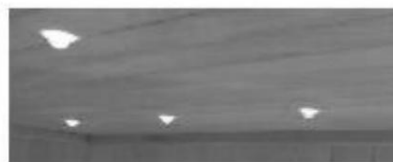
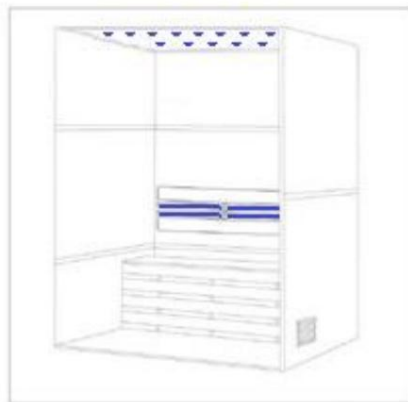
### ***E. Fitting FRONT PLATE and TOP PLATE.***

Place the front glass wall into the guide grooves in the left and right walls.  
Place the TOP PLATE on the installed panels.



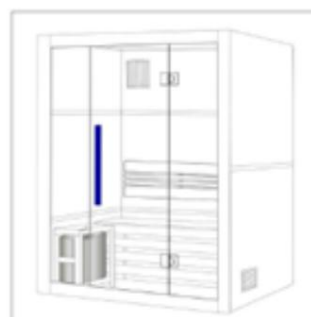
### ***F. Installation of LIGHTING.***

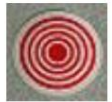
Insert the cable connectors on the outside of the TOP PLATE for the ceiling lighting called the starry sky and the LED strip located behind the backrest.



### ***G. Installation of STONE ENCLOSURE AND DOOR HANDLE.***

Screw the stove enclosure together using the included screws. Screw the wooden handle to the glass door.



| <b>H. LED lighting control.</b>                                                   |                                                                                   |                                                                          |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------|
|  |  | Turn on the lights.                                                      |
|                                                                                   |  | Turn off the lights.                                                     |
|                                                                                   |  | Manual color change: red - green - blue - yellow - purple - blue - white |
|                                                                                   |  | Manual color change: white - blue - purple - yellow blue - green - red   |
|                                                                                   |  | Changing the lighting intensity.                                         |
|                                                                                   |  | Automatic color transition. To end the cycle, press ▼ or ▲.              |
|                                                                                   |  | Automatic step change of colors. To end the cycle, press ▼ or ▲.         |

#### DISPOSAL



The packaging consists of materials that can be handed over for recycling in municipal collection yards or collection containers.

**Protect the environment! Do not dispose of electrical equipment in household waste!**



In accordance with European Directive No. 2012/19/EU, used electrical equipment must be collected separately and submitted for ecological recycling. The municipal or city administration will provide you with information about the options for disposing of obsolete equipment.



This product meets all the basic safety and health requirements of the EU directives that apply to it.

#### WARRANTY TERMS

The warranty period is indicated on the sales document, but at least 24 months, and begins on the day of receipt of the product, which must be proven by the original sales document. The warranty applies to defects that the product has upon receipt, as well as to demonstrable manufacturing defects that occur during the warranty period. The warranty does not cover normal wear and tear of the product and its parts and damage caused by non-observance of the instructions for use, neglect of maintenance, incorrect use, as a result of intentional damage, unprofessional intervention, modification or repair using non-original parts, as a result of external influences (oxidation, corrosion, flooding, etc.). Repairs during the warranty period may only be carried out by authorized repair shops or the manufacturer's service.