

Owners Manual

Sahara Series



Sahara Series- LSS-1
Model: 421101010010



Sahara Series- LSS-2
Model: 421102010010



Sahara Series- LSS-3
Model: 421103010010

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Precautions before Use: Warning (Room Configuration & Use):

- Proper Electrical Grounding is Required
- Electrical Receptacles not Allowed in the Room
- Do not Apply Water to any Heating Element
- Do not Add a Locking or Latching System to the Door
- Do not Block Ventilation Openings
- Children Must be Supervised at all Times in the Sauna

CAUTION: Loose wire connections can cause heat damage to wires, terminal blocks and other components and may void the warranty.

Electrical Caution – Do not plug the room power cord into an electrical outlet until Room Assembly is completed!

Warning (Human Limitations):

Prolonged Exposure at Elevated Temperatures May Cause Hyperthermia (Body Temperature is Several Degrees Above 98.6F)

Hyperthermia Symptoms include Dizziness, Lethargy, Drowsiness, and Fainting

Hyperthermia can cause:

Fetal Damage in Pregnant Women Physical In-Ability to Exit the Room Loss of Consciousness

Notice - Use of Alcohol or Drugs Increases the Risk of Fatal Hyperthermia

If You Have any Health Problems or Health Conditions, Consult Your Physician Prior to Sauna using, Discontinue Use if Nervousness, Tremor, Headache, Feeling of Sickness or Nausea Occurs

Warning (Fire Hazards):

Do Not Use the Sauna Room for Drying Cloths, Bathing Suits. Do Not Hang Towels or Other Objects on Heater Grills

Never Operate this Sauna Room if it has a Damaged Cord or Plug

Introduction

Thank you for buying a LifeSmart Sauna. We are sure you will be satisfied with your purchase, and we are ready to help whenever you need.

Please read this manual carefully before using a LifeSmart Infrared Sauna for the first time. We suggest that you keep this manual for future reference as it contains important information about how to use and care for your sauna, as well as how to contact our company if you need assistance. You can also find this manual in a digital format and download it from www.LifesmartSpasandSaunas.com.

We also invite you to leave a product review with the website where you bought your LifeSmart Sauna so other potential customers will learn more about our excellent products.

We pride ourselves on:

- Excellent customer service
- On-time and damage free delivery
- High quality materials and craftsmanship
- Quick and easy Installation
- User-friendly and reliable electronic controls
- Energy efficient and fast-heating infrared panels
- Elegant designs
- Mood and reading lights
- Privacy glass doors and windows

Parts List

Sahara Series- LSS-1 Model: 421101010010

S/N	PART NUMBER	PART DESCRIPTION	QTY	NOTES
1	79898	Rear panel	1	
2	79896	Side panel (L)	1	
3	79897	Side panel (R)	1	
4	79907	Floor panel	1	
5	79901	Top panel	1	
6	79910	Bench	1	
7	79910	Bench heater panel	1	
8	79881	Control box	1	
9	79886	Light	1	
10	79885	Speaker	2	
11	79884	Bluetooth	1	
12	79883	Control panel	1	
13	79892	Door knob	1	
14	79892	Hinge	2	
15	79910	Heat under bench	1	
16	79896	Heat for left side panel	1	
17	79897	Heat for right side panel	1	
18	79898	Heat for back panel	2	
19	79888	Glass door	1	
20	79904	Roof cover	1	
21	79890	Screws: For installing the bench & the roof panel	6	M4*40
22	79890	Screws: For installing the roof cover	16	M3*20

Sahara Series- LSS-2 Model: 421102010010

S/N	PART NUMBER	PART DESCRIPTION	QTY	NOTES
1	79894	Front panel	1	
2	79899	Rear panel	1	
3	79896	Side panel (L)	1	
4	79897	Side panel (R)	1	
5	79908	Floor panel	1	
6	79902	Top panel	1	
7	79911	Bench	1	
8	79911	Bench heater panel	1	
9	79881	Control box	1	
10	79886	Light	1	
11	79885	Speaker	2	
12	79884	Bluetooth	1	
13	79883	Control panel	1	
14	79892	Door knob	1	
15	79892	Hinge	2	
16	79911	Heat panel for bench heater	1	
17	79896	Heat panel for left side panel	1	
18	79897	Heat panel for right side panel	1	
19	79899	Top Heat panel for back panel	2	
20	79889	Glass door	1	
21	79905	Roof cover	1	
22	79891	Screws: For installing the bench & the roof panel	6	M4*40
23	79891	Screws: For installing the roof cover	16	M3*20
24	79891	Screws: For installing metal bracket	4	M3*20

Sahara Series- LSS-3 Model: 421103010010

S/N	PART NUMBER	PART DESCRIPTION	QTY	NOTES
1	79895	Front panel	1	
2	79900	Rear panel	1	
3	79896	Side panel (L)	1	
4	79897	Side panel (R)	1	
5	79909	Floor panel	1	
6	79903	Top panel	1	
7	79912	Bench	1	
8	79912	Bench heater Panel	1	
9	79882	Control box	1	
10	79886	Light	1	
11	79885	Speaker	2	
12	79884	Bluetooth	1	
13	79883	Control panel	1	
14	79892	Door Knob	1	
15	79892	Hinge	2	
16	79887	Mechanical temperature protectors	1	
17	79912	Heat panel for bench heater	2	
18	79896	Heat panel for left side panel	1	
19	79897	Heat panel for right side panel	1	
20	79900	Heat panel for back panel	3	
21	79895	Heat panel for front panel	1	
22	79889	Glass door	1	
23	79906	Roof cover	1	
24	79891	Screws: For installing the bench & the roof panel	8	M4*40
25	79891	Screws: For installing the roof cover	20	M3*20
26	79891	Screws: For installing metal bracket	4	M3*20

Installation Requirements

1. Do not plug any other appliances into the outlet with your infrared sauna.
2. The cabin must be erected on a level surface. A distance of at least 5cm from the wall must be maintained.
3. Do not spray the exterior with water. If the floor is damp, install a floor separator to keep the sauna high & dry.
4. Do not store flammable objects or chemical substances near the sauna.
5. The sauna must be placed indoors and in a dry area. Moisture will cause damage to the interior and exterior of the sauna.
6. Installation and connection of the electrical parts (control unit, heater, etc.) may only be performed when the power supply is disconnected.
7. Comply with the regulations applicable at the installation location.
8. We do not recommend using an extension cord for your sauna. Please plug the sauna directly into the wall receptacle.
9. For your own safety, consult your supplier in the event of problems that are not explained in sufficient detail in the installation instructions.

*Manufacturer reserves the right to change the specifications.

*All designs and specifications are for reference only and are subject to change without prior notice.

*Correct specifications depend on the actual model.

Assembly Instructions

Assembly of the sauna requires at least 2 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the sauna.

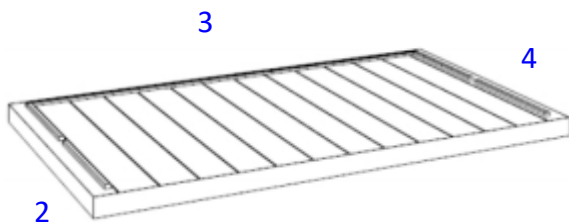


Step 1: Location of the sauna

- When selecting the location for your sauna, please ensure the main power cord on the sauna is easily accessible.
- The location must be on level ground and dry.

Step 2: Place the base/floor panel

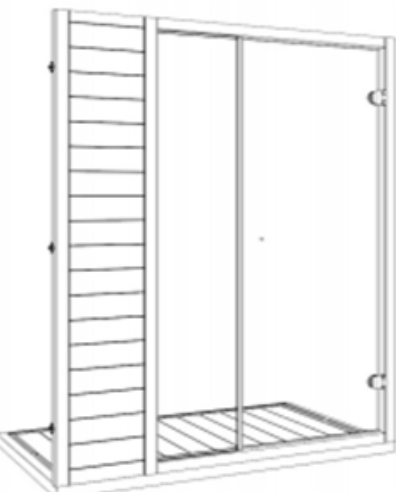
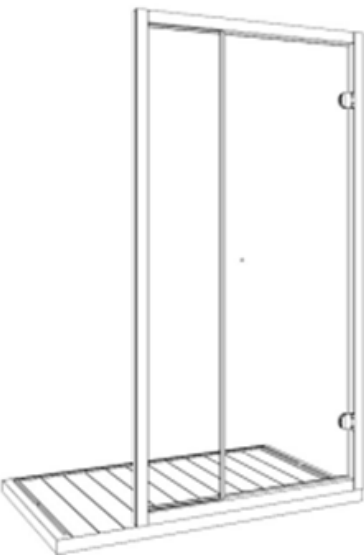
- Start by placing the floor panel close to the desired end location. You will need to leave space around each side for access.



1

Step 3: Install the glass front panel and door (Panel #1)

- Attach the glass front panel to the bottom panel by lining up the front panel on the bottom panel.
- Align the wooden left side panels with glass front panels' corresponding inside-buckles.
 - * For the Sahara LSS-1 you will not have the left side panels and continue to step 4
- Please take care of the glass door to avoid damage. Make sure the inside-buckles on both side panels are fixed in place.
- Use the metal bracket to connect the top of wooden left side panels with glass front panels tightly. Fix the metal bracket by screws (3*20 mm) to make sure it is stable enough.



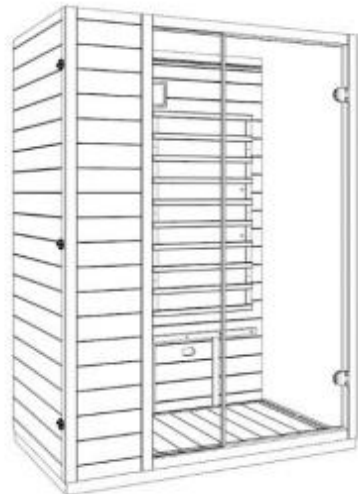


Step 4: Install the left side panel (Panel # 2)

- Align the left side panels with front panel's corresponding outside-buckles.
- Make sure the outside-buckles on both side panels are fixed in place.

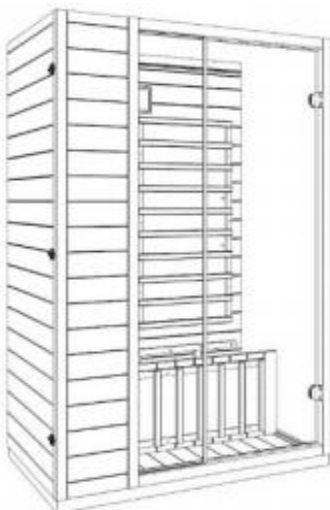


Outside buckles



Step 5: Install the rear panel (Panel # 3)

- Align the left side panels with rear panel's corresponding outside buckles.
- Make sure the outside- buckles on both side panels are fixed in place.



Step 6: Install the bench heater:

- Slide down the bench heater panel by lining up its sides with the vertical guides on side panel.
- The heater grill is facing outward (toward the front of the sauna).
- Push the bench heater panel all the way down until it is touching the bottom panel and securely in place.



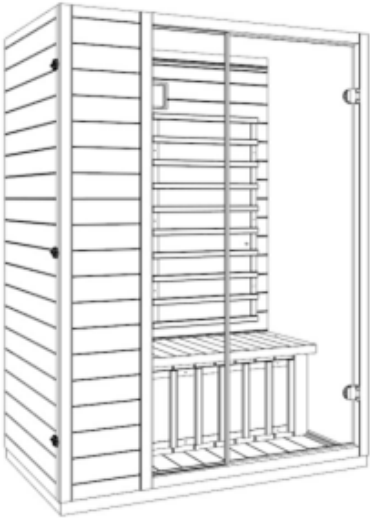
Step 7: Connect bench heater wires

- Connect the wire of bench heater to the back panel.



Step 8: Install the bench

- Position the bench by smoothly gliding it along the horizontal bench guides located on the side panels.
- Carefully advance the bench until it contacts the back panel, ensuring a secure fit.
- Affix the bench firmly using two screws measuring 4*40mm after installing the right-side panel.



Step 9: Install the right-side panel (Panel # 4)

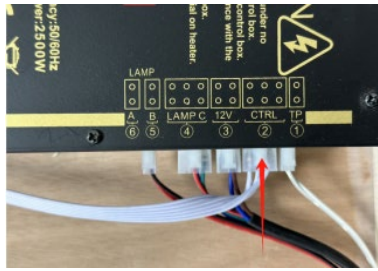
- Align the right-side panels with rear panel's corresponding outside-buckles.
- Make sure the outside-buckles on both side panels are fixed in place.





Step 10: Install the top panel (ceiling)

- Lower the roof panel on to the assembled panels.
- Gently place the top panel on to the rest of the assembled panels.
- When four corners are in place, gently push down the roof panel from the outside corners until it is snugly fit over the rest of panels.
- Make sure the cables do not get pinched between the panels.
- Leading the wires of heaters on to the board through the corresponding hole.
- Fix the roof panels by screws (4*40mm) to make sure it is stable enough.



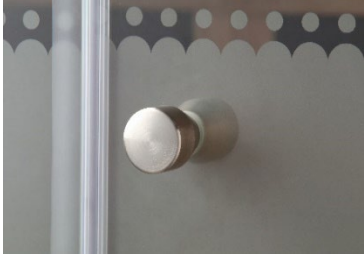
Step 11: Connect the main power on the top panel

- Connect all the wires for heaters.
- Connect the control panel wires (CTRL).
- Check if all connections to the control box are secure.



Step 12: Place roof cover on top of the roof panel

Place the roof cover onto the roof panel, connect it to the roof panel with the screws (3*20mm).



Step 13: Install the door knob



Step 14: Enjoy your sauna!

- Plug in the main power cord into the wall outlet and power up your sauna. Turn on the Bluetooth, grab some towels, a glass of water and step into your sauna and enjoy the benefits!

Recommendations for Use:

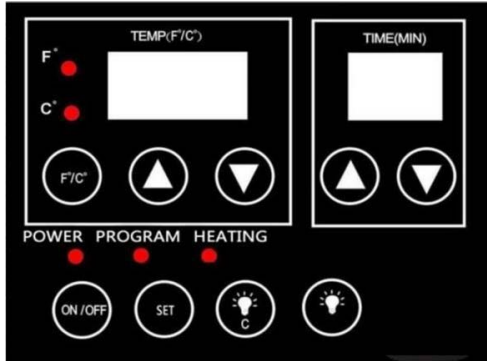
- Avoid eating large meals and excessive alcohol intake before using Sauna.
- Never smoke, drink alcohol or exercise inside of Sauna.
- If you are taking any medications or under the care of a physician, consult with them prior to Sauna usage. Refer to Sauna Usage Warning signs located inside of Sauna Room.
- Prior to Sauna session, if possible take a warm shower. Make sure to dry off thoroughly before going into the sauna because excessive water will stain or warp the wood.
- Clothing is optional or wear loose fitting clothes. You may choose to sit or lie on a clean, soft towel.
- Set desired time & temperature.
- The Sauna is producing the correct wavelengths to be absorbed into the body within 10-15 minutes of operation. It is not necessary to wait until the sauna is at maximum temperature; the absorption of wavelength is the same whether the room is in heat up or at set temperature.
- Enter Sauna and relax, you may choose to enjoy music. Refer to the above Color Therapy System instructions.
- Sit or lie on bench. Close the door and the interior ceiling vent allowing the sauna to heat up faster. To allow more ventilation you can open the vent if needed.
- Remain in the Sauna long enough to warm up and stimulate a mild perspiration. Typically, that may occur in 10 – 15 minutes. This varies with every individual and their comfort level. Do not over do it!
- Drink plenty of cool water or a refreshing healthy drink while using the sauna.
- Leave the Sauna and cool down. Shower or bathe if possible, to cool down and cleanse the skin.
- Cool down period usually is the same length of time as the Sauna session.
- Then re-enter the Sauna for another 10-15 minute session.
- Continue this process of alternating using the Sauna and cooling down for 3 to 4 cycles.
- Length of time in the Sauna and cool off period varies and depends on the individual.
- After final Sauna session and upon leaving the Sauna, turn the Sauna timer off if it is still operating.
- Enjoy a final shower or bath to cool down. Relax, in the special “after sauna glow” and you may choose to enjoy a healthy snack and cool drink.



Troubleshooting

	Problems	Explanations	Solutions
1	Power indicator light not on	Power cord is not plugged-in.	1. Check for power to the outlet. 2. Check connection between power cord and main control unit.
		The fuse is burned out.	Check or replace the fuse.
2	Function indicator light not on	The corresponding indicator light is broken or burned out.	Repair or replace the control panel.
		The wiring or some electronic component in the circuit has failed.	Repair or replace what has failed in that circuit.
3	Infrared Heater will not heat up	The heater is broken. Its life will be shortened gradually from excessive use.	Replace with a new heater of the same specifications.
		The fuse is burned out.	Check or replace the fuse.
		The wiring connection for the heater is loose or in the wrong location.	Check it, and reconnect tightly.
		The circuit board is not functioning.	Check power output on the circuit board
4	Sauna room not maintaining correct temperature	Problem with heater.	See Item #3.
		Incorrect setting on control panel.	Reset it.
		The temperature sensor wire may be loose or broken.	1. Check sensor wire connection and condition. 2. Check to see if sensor head is visible inside the sauna room.
5	Peculiar burning smell	Circuit problems (broken component, short circuit, failure of controlling system) causing the burning of some component in the electrical system.	1. Unplug sauna, check the voltage.
			2. Find the objects with problems.
			3. Replace the parts.
6	The light not working	The light bulb is burned out.	Replace light bulb.
		The bulb is not secured in the base.	1. Make sure the bulb is tight enough to make good contact in the light fixture. 2. Check the lighting protection fuse.
		The socket is broken.	Replace it.
		Problems with electrical control panel.	Check or replace the panel.
7	No sound or poor sound from speakers	The speaker is broken or speaker is loose	1. Check speaker wire. 2. Check speaker
		The wire connection is loose.	Check connectors to be sure they make good contact.

Digital Control Panel Operating Instructions

Temperature Adjustment: The sauna will reach a maximum temperature of 149 Fahrenheit under ideal experimental conditions. Under normal environment temperature (77 Fahrenheit), the sauna will reach a maximum temperature anywhere from 140 to 149 Fahrenheit.



1. Press ON/OFF quickly to switch the sauna on to a stand-by mode.
 2. Set the desired temperature using up/ down arrows buttons.
 3. Set the time to desired length using up/ down arrows buttons.
 4. **Press ON/OFF quickly a second time to activate the heaters.**
 5. When time reaches 00 ,all the heaters will automatically shut off.
 6. Press and hold ON/OFF to switch the sauna off.
 7. Pre-setting
 - "SET" switch is for pre-setting the time you want your sauna to turn on. Press "SET" switch once.
 - Pre-set the time you want your sauna to turn on with the UP/DOWN ARROWS. TEMP UP/DOWN ARROWS are for hour setting and TIME UP/DOWN ARROWS are for minute setting. The setting range is 00:00-23:59.
 8. Press  to turn on/turn off the Reading light.
 9. Press  to turn on/turn off the color light. You can change the color of the light by pressing this bottom.
8. How to use Bluetooth connector for music a) Turn on your sauna, then its inside Bluetooth device would be discoverable automatically. b) For your cell phone, Turn on Bluetooth, then select add Bluetooth or other device > Bluetooth. Choose the device name"IR SAUNA", then select. Done

Maintenance & Cleaning

DO NOT USE: Alcohol or any strong cleaning chemicals

Note: Some chemicals can damage clear finish and wood surfaces.

- Your sauna is made of the Natural wood. All wood products have variations in the color, grain, and may have irregularities such as knots, and fine cracks. These reflect the natural beauty of the wood and should not be considered defects.
- Before using your infrared sauna for the first time, clean the inside of the sauna with a damp cloth.
- The interior of the Infrared Sauna is made of the natural wood. It is aromatic and adds to the enjoyment of your sauna session. If the fragrance of the fresh wood is too strong during the first few months of use, first wipe the wood with a damp cloth to minimize the aroma. (*Do not use any cleaning chemicals to interior of the sauna*)
- Use furniture polish to clean the exterior. (*Do not use any cleaning chemicals to interior of the sauna*)
- We recommend placing as oft 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.
- The cabin may not be cleaned with steam cleaners, high-pressure cleaners or splashed water.
- The wood may appear rough and hoarse caused by dampness sometimes. To smooth the affected areas, the sandpaper or gritty sponge can be used, always sanding in the direction of the grain.
- Okoume/Hemlock isa solid nature wood, minor cracks or warping might happen due to seasonal humidity changes. This is a natural process and not a defect of the material.

For additional assistance or questions?

Please contact our Customer Care Department

888-961-7727

OwnerSupport@watkinsmfg.com