

Aspen

KY-10011

Owners Manual

137 x 137 x 191cm
54 x 54 x 75"



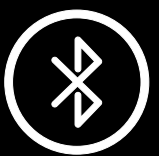
LED
LIGHTING



AROMATHERAPY



DIGITAL
CONTROLS



BLUETOOTH
AUDIO



CANADIAN
HEMLOCK



NO TOOLS
REQUIRED



CARBON FIBRE
HEATING



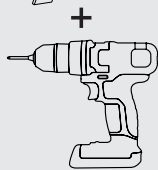
PLUG &
PLAY

canadianspacompany.com

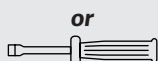
Installation Requirements



Assembly of a Canadian Spa Sauna requires at least two adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the sauna.



You will require a power drill or Phillips-head screwdriver, these tools are not included. You will also need a 3-step ladder or equivalent.



A standard 13 Amp 230V normal socket required. If placing indoors please ensure the roof is sheltered from all weather elements. Failure to do so will void the warranty.



Do not run any other appliances from the same power point.

Ensure the floor is level before installation. If the floor where you intend to assemble the sauna is damp, wait until the area is dry and clear of all moisture before assembling

Safety

Please read all health and safety instructions.

1. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of knowledge or experience, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
2. Children should not be permitted to play in or with the appliance.
3. If the supply cord is damaged it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
4. Cleaning of this infrared sauna by steam cleaners, high pressure cleaners or spraying water is not allowed.
5. Do not cover Infrared Emitters. Covering the infrared heaters causes fire risk.
6. Before starting the sauna or resetting the timer, check the sauna to ensure it is in safe condition and not occupied.
7. Individuals who may be at risk from hyperthermia, such as individuals suffering from cardiovascular disease, should seek medical advice before use of sauna.
8. If you experience reddening (erythema) of the skin lasting more than a day after exposure to infrared radiation, exposure should not be repeated and medical advice should be sought to prevent development of erythema ab igne.
9. If you are a person with sensitivity to heat or under the influence of alcohol or tranquilisers you should not use an infrared sauna.
10. When installing and using the sauna, basic safety precautions should always be followed.
11. Infants, pregnant women and elderly people suffering from any medical condition directly related to temperature should consult their health care professional before using the sauna.
12. Persons using medications should consult their health care professional before using the sauna.
13. Never sleep inside the sauna while the unit is in operation.
14. DO NOT use any type of chemical cleaning agents on the interior or exterior of the sauna or you will void the warranty.
15. DO NOT stack or store any object on top of or inside the sauna.
16. 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.
17. DO NOT attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void the warranty.
18. If replacement of heaters is required only use original manufacturers (OEM) parts.

Cleaning & Maintenance

- Before using your infrared sauna for the first time, clean the inside of the sauna with a damp cloth. If you experience a strong smell at first, do not be concerned as this is normal. Open the door while the sauna is working.
- To clean the exterior use a feather duster or scratch proof cloth. A damp cloth can also be used to remove stubborn dirt.
- We recommend placing a soft towel on the floor and on the bench of the sauna to absorb perspiration.
- Scratches and stains on the sauna can be removed by simply using a fine grade sandpaper over the damaged area. We recommend sealing with a wood preserver, wood oil or furniture polish if needed.

Important Safeguards



- **READ INSTRUCTIONS**

All the safety and operating instructions should be read before sauna is installed and operated.



- **RETAIN INSTRUCTIONS**

The safety and operating instructions should be kept in a safe place for future reference



- **FOLLOW INSTRUCTIONS**

All operating and usage instructions should be followed at all times.



- **CLEANING**

Unplug the sauna from the wall outlet before cleaning.

DO NOT use liquid cleaners or aerosol cleansers inside the sauna. Use a damp cloth for cleaning.

- **POWER-CORD PROTECTION**

Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it.



- **OVERLOADING**

Do not overload the wall outlet as this can result in a risk of fire or electric shock.



- **GLASS DOOR**

DO NOT remove glass door from frame when disassembling.

IMPORTANT: Failure to comply with the aforementioned safeguards may void your warranty.

Some Useful Tips

- We recommend sauna sessions should be 30-45 minutes at 45°C – 55°C, however it comes down to what you're comfortable with.
- Allow approximately 10 to 20 minutes (depending on the ambient temperature) for the sauna to warm up before beginning a session.
- Try drinking some hot tea before your sauna session to induce a deeper sweat.
- The heaters will automatically maintain the set temperature inside the sauna once the set temperature is reached.
- The ceiling vent can be opened at any time for air circulation. If you are still too warm, open the door until you feel comfortable or turn the set temperature down.
- To absorb perspiration and keep the sauna tidy during the session, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe excessive sweat from your body.
- Try not to eat anything at least an hour before your sauna session. It is better to use the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
- Ensure you drink plenty of water before, during and after your sauna sessions. We recommend 1L before, 1L during and 0.5L after every session. Water acts as the vehicle to move the toxins from your body. Drinking water before will maximise perspiration during the session. Drinking after will help keep your fluid levels up after sweating.
- Taking a hot shower or bath prior to the sauna session will further promote perspiration. Once finished, sit in the sauna with the door open and allow your body to cool off. When you feel comfortable enough, take a warm (or cool) shower to rinse the sweat off your body.
- To help relieve sore and tense muscles, massage the affected areas while in the sauna.
- Treat your ankles and feet more effectively by elevating them while inside the sauna. Any area that you wish to achieve a specific deep heating effect should be moved as close to the heaters as feels comfortable.
- At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses. Consult your physician for the proper treatment and care for this or any other conditions.



Infrared Sauna Health Benefits

Our Far* Infrared Sauna is completely safe and produces the same far infrared heat produced by the sun. Far-infrared heat is required for all living things to achieve optimum health. The radiant heat from your Far Infrared Sauna surrounds you and penetrates deeply into your joints, muscles and tissues, speeding oxygen flow and increasing circulation.

Using our Far Infrared Sauna helps to remove impurities from your cells, specifically the cells inside our fat where our body stores waste and harmful toxins such as cholesterol and heavy metals. When used properly, our Far Infrared Sauna will help provide a lifetime of healthful living.

It is the far infrared energy that is most beneficial, penetrating the skin and increasing circulation to help rid the body of harmful toxins.

** Far Infrared light energy is the safest and most efficient source for healing and detoxifying the human body through heat. It produces large wavelengths of electromagnetic light energy that allows the body to be heated internally*

Top 8 FAR Infrared Sauna Health Benefits:

1) Increase Metabolism, Burn Calories & Lose Weight

Regular use of a sauna imparts a similar boost on the cardiovascular system to running. As you relax in the gentle infrared heat, your body is hard at work producing sweat, pumping blood and burning calories.

2) Relieves Muscle Pain

Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscle, so they recover faster.

Muscles relax best when tissues are warm, for greater flexibility and range of motion. Far infrared heat relieves muscle tension and the deep heat of far infrared saunas help peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. Infrared heat also reduces soreness on nerve endings and muscle spasms as muscle joints and fibres are heated.

3) Improves the Immune System

The deep heating from the infrared heaters will raise your core body temperature, inducing an artificial fever. How does this benefit the body? Fever is the body's natural mechanism to strengthen and accelerate the immune response, as seen in the case of infection.

This enhanced immune system, combined with improved elimination of toxins and wastes via intense sweating, increases your overall health and resistance to disease.

4) Remove Toxins

One of the biggest infrared sauna health benefits is its ability to increase your blood circulation and stimulate the sweat glands, releasing built-up toxins in the body. Daily sauna sweating can help detoxify your body as it rids itself of accumulated highly toxic metals (lead, mercury, nickel, and cadmium) as well as alcohol, nicotine, sulphuric acid, and other organic and inorganic compounds.

5) Improves Appearance of Cellulite

Cellulite refers to superficial pockets of trapped fat, which cause uneven

dimpling or "orange peel" skin. It appears in 90% of post-adolescent women and is rarely seen in men. Common but not exclusive areas where cellulite is found are the buttocks, thighs, and the abdomen. Contrary to popular belief, cellulite is not related to obesity, and the appearance of cellulite is not always reduced by weight loss.

Since the far infrared radiant heat of the Canadian Spa Company Sauna warms three times as deep as conventional saunas, it is significantly more effective at reducing cellulite. There is a direct link between the slowing of metabolic rates and the storage of toxins in fat cells.



Sauna use and far infrared heat can increase heart rate and localised blood circulation, which essentially reverses the above-mentioned trends towards the accumulation of liquids in the fat cells to reduce the appearance of cellulite.

6) Eases Joint Pain and Stiffness

Time spent in an infrared sauna benefits patients suffering from many forms of arthritis. Radiant heat has also been effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal ailments.

7) Stress and Fatigue Reduction

Just a few minutes in the gentle warmth of an infrared sauna will help you feel relaxed, rejuvenated and renewed. Infrared saunas have also been shown to affect the autonomic nervous system putting you in the parasympathetic (rest and digest) state allowing your body to heal.

8) Improves Skin

The profuse sweating achieved after just a few minutes in your Sauna carries off deeply embedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Increased circulation draws your skin's own natural nutrients to the surface.

You'll see improved tone, elasticity, texture and fresh colour. Increased blood circulation has also been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. In addition, open wounds heal more quickly, reducing scarring.

Aspen 4 Person Sauna Parts List KY-100011

ITEMS

Box 1 includes:

Box 2 includes:

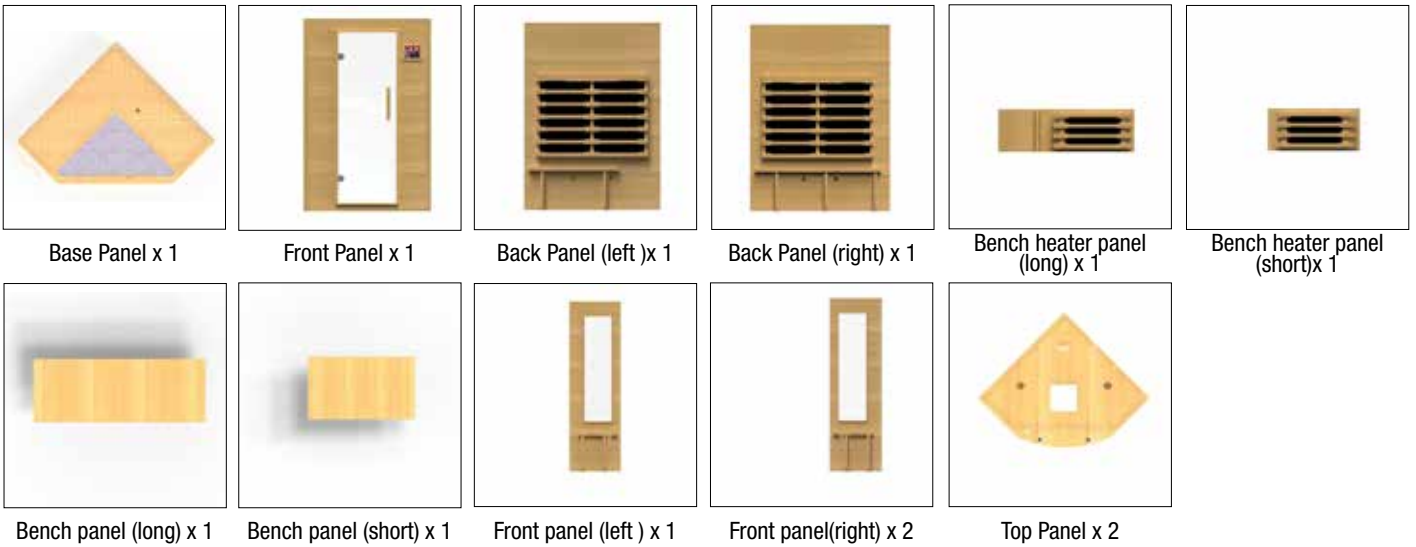
Specification:

137 x 137 x 191cm / 54 x 54 x 75",
1805w - 7 Heaters

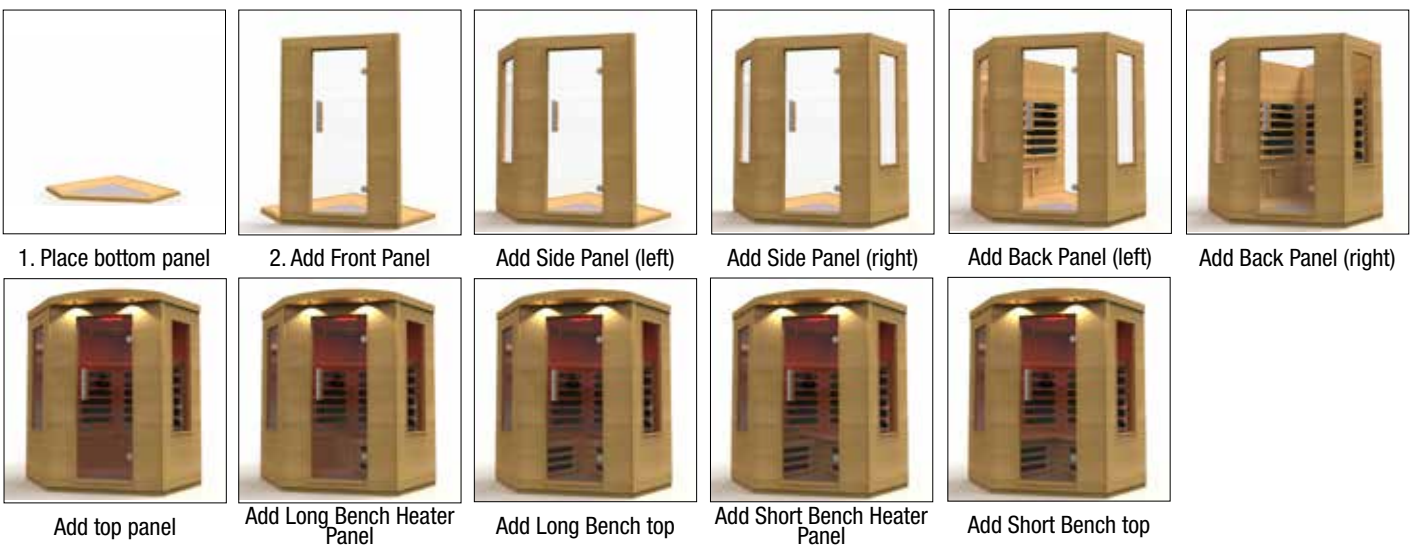
THE BASE

Place the base on the floor making sure the FRONT is in the correct position for easy access. Ensure you allow sufficient room for the door to fully open. You will also need room behind the sauna to allow access to bolt in the back panel. (Sauna can be slid back after installation). We recommend you assemble the sauna as close to its permanent position as possible.

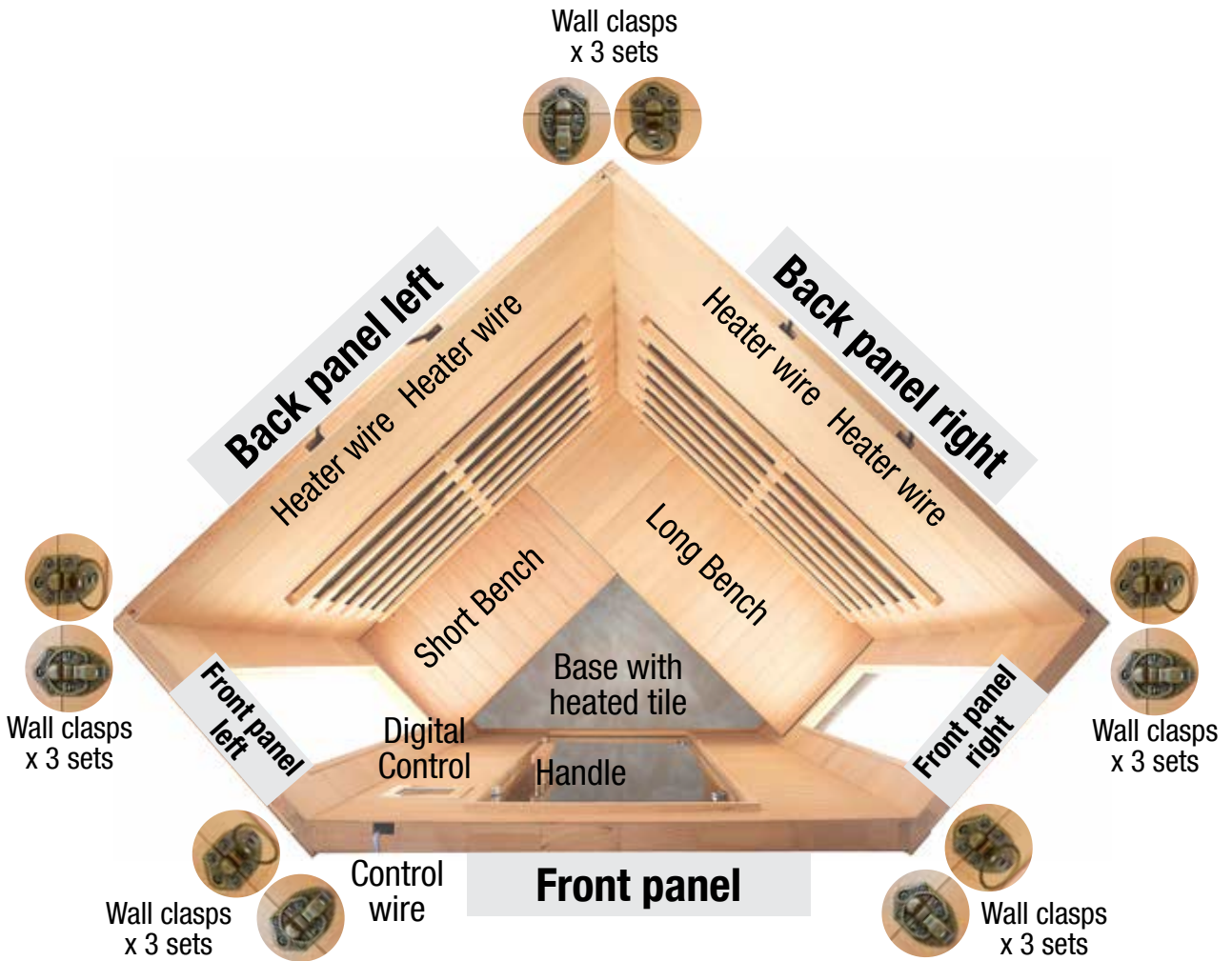
Parts List:



Assembly:



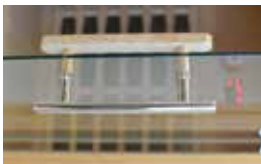
Assembly



Handle

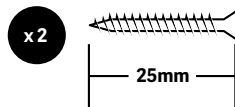
Cool Handle system stainless steel door exterior handle and wood interior handle

Assembly



Aromatherapy

Attach the aromatherapy mount block to the sauna wall.



The aromatherapy unit can be placed anywhere within the sauna. For best results place above a heater panel.



The Seat

Position the seat on the inside supports of the side panels. You will need to open the walls to fit the upright seat panel into the grooves in the side panels, then slide top of bench on to back support. **IMPORTANT:** It is important that you position the seat unit before attaching the door panel - then install the door panel and finally screw down the seat.



Bench Heater Panel

Slide into grooves by pulling the walls slightly apart then connect the heater cables for the leg heater



Bench Panel

Slide along the top of the upright panel and the back support and then secure with provided screws



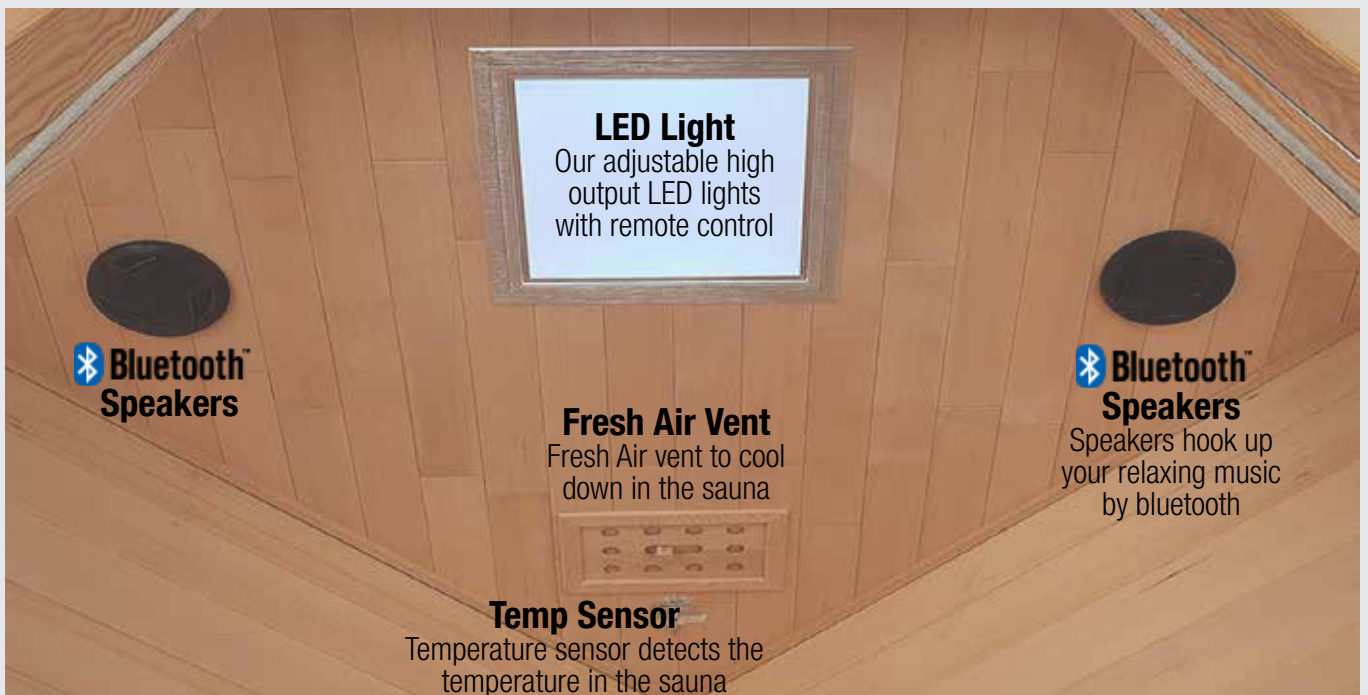
The Door Panel

Place the door panel on the base and align the clips on each side and attach



Wall clasps x 3 sets

Roof features



LED Light

Our adjustable high output LED lights with remote control

Bluetooth™ Speakers

Bluetooth™ Speakers

Speakers hook up your relaxing music by bluetooth

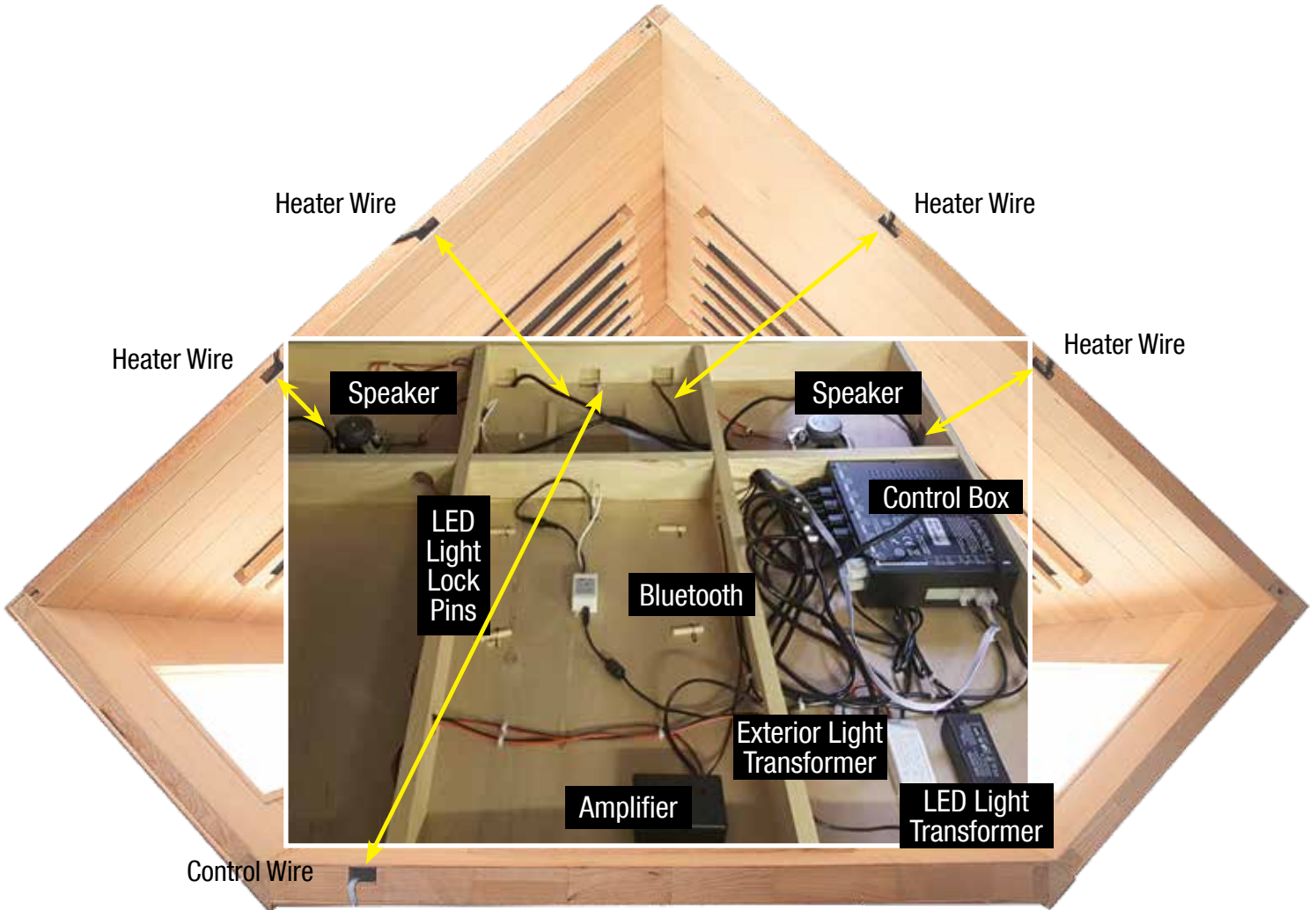
Fresh Air Vent

Fresh Air vent to cool down in the sauna

Temp Sensor

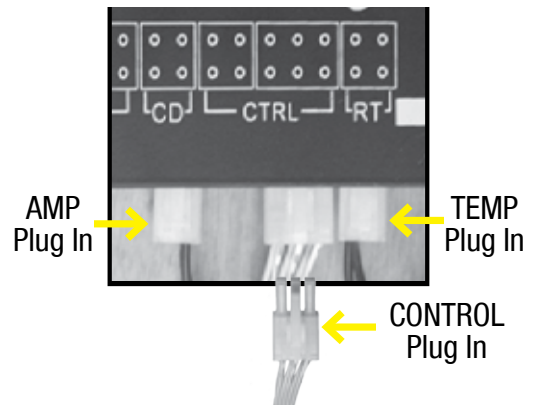
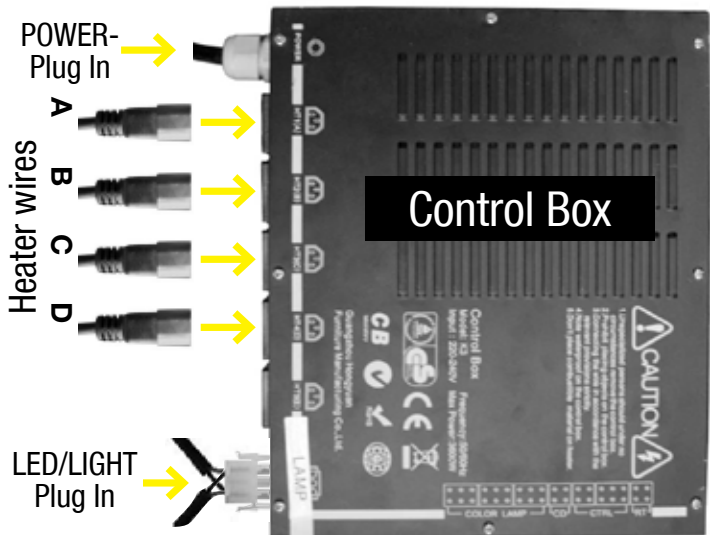
Temperature sensor detects the temperature in the sauna

Roof Power Connections



Main Power Connection

All heater cable plug-ends are clearly marked: **A B C D** - the outlets on the main control unit are universal and can be plugged into any outlet - they all have the same power output. Each of the outlets is fused separately.



Control Panel Operating Instructions

Temperature Measurement: Changes the temp display from Fahrenheit to Celsius

Temperature Setting: Sets the desired temperature of the sauna (ranges from 25°C - 70°C / 67°F - 158°F)

Time Setting: Controls length of time (minutes) that the sauna should be heated for. Time can be set between 0 and 90 minutes. NOTE: Timer will turn on before sauna reaches desired temp.

Power/Start Button: This button will power up the spa once it has been plugged in. It will also start warming up the heater once the time and temperature has been set. Hold the power button down to turn off sauna



Interior Light Control: This button will turn on and off the LED light inside the sauna. Use the remote to change colour

Preheat Button: The SET button allows you to set a time delay before the sauna should start warming up. You can set the sauna to come on up to 24 hours in the future

Exterior Light Control: Pressing this button will turn the exterior lights on the outside of the sauna on or off

Bluetooth Music System: The Bluetooth equipment is located on the roof of the Sauna.

Remote Control Operating Instructions



Brightness +	Brightness -	OFF	ON
Static red	Static green	Static blue	Static white
Static rose red	Static light green	Static sapphire blue	3 colours jump
Static orange	Static turquoise	Static violet & grey	3 colours gradual
Static light yellow	Static sky blue	Static brown & purple	7 colours gradual
Static yellow	Static cyan	Static purple	7 colours jump

Troubleshooting

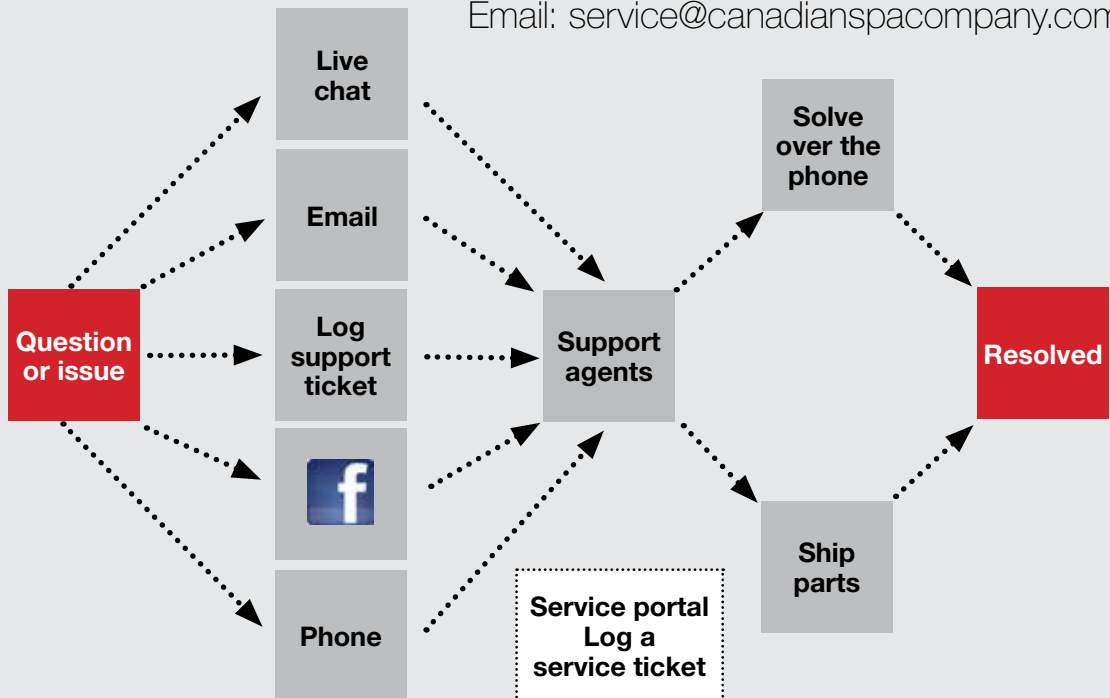
PROBLEM	EXPLANATIONS	SOLUTIONS
1. Power indicator light not on or beeping sound coming from sauna	<ul style="list-style-type: none"> • Power cord is not plugged-in • The fuse is burned out • Check or replace the fuse. • Check temp probe in correct location 	<ul style="list-style-type: none"> • Check for power to the outlet. • Check connection between power cord and main control unit. • Remove temperature sensor and reinstall
2. Function indicator light not on	<ul style="list-style-type: none"> • The corresponding indicator light is broken or burned out. • The wiring or some electronic component in the circuit has failed 	<ul style="list-style-type: none"> • Repair or replace the control panel. • Repair or replace what has failed in that circuit.
3. Infrared Heater will not heat up	<ul style="list-style-type: none"> • The heater is broken its life will be shortened gradually from excessive use. • The fuse is burned out. • The wiring connection for the heater is loose or in the wrong location. 	<ul style="list-style-type: none"> • Replace with a new heater of the same specifications. • Check or replace the fuse. • Check it, and reconnect tightly.
4. Sauna room not maintaining correct temperature	<ul style="list-style-type: none"> • The circuit board is not functioning. • Problem with heater. • Incorrect setting on control panel • The temperature sensor wire may be loose or broken. 	<ul style="list-style-type: none"> • Check power output on the circuit board • See item #3 • Power sauna off and on to reset • Check sensor wire connection and condition. Check to see if sensor head is visible inside the sauna room.
5. Burning smell	<ul style="list-style-type: none"> • Circuit problems causing burning of components in the electrical system. 	<ul style="list-style-type: none"> • Unplug sauna, check the voltage. • Call your local service technician
6. The light not working	<ul style="list-style-type: none"> • The light bulb is burned out. • The bulb is not secured in the base • The socket is broken. • Problems with electrical control panel. 	<ul style="list-style-type: none"> • Replace light bulb. • Make sure the bulb is tight enough to make good contact in the light fixture. • Replace it. • Check or replace the panel.

Canadian Spa Customer Service

In the unlikely event that a customer experiences an issue we provide multiple channels to contact us. A specific ticket number will then be assigned to the customer/issue, which enables us to have all information in one place, from order status, any outstanding customer service issues to previous customer history. Based on the issue we will ship the replacement part to the customer. This is followed up with a short email to confirm that the job was completed to their satisfaction.



Email: service@canadianspacompany.com





CHROMATHERAPY GUIDE



RED

Increases respiration rate, enhances metabolism, raises blood pressure. Activates circulatory and nervous systems



ORANGE

Energises body, reduces localised fat and eases digestive system discomforts. Used to treat asthma and bronchitis



YELLOW

Has a cleansing effect, purifies blood and increases neuromuscular tone. Stimulates happiness.



GREEN

Acts as relaxant and fights depression. Regulates pituitary gland, calms nervous system and insomnia.



STRONG GREEN

Regenerative stimulation, fights infections. Slows metabolism and produces calming effect.



BLUE

Calms breathing and heart rate. Lowers blood pressure, helps insomnia and headaches. Reduces overall pain.



STRONG BLUE

Reduces stress and nervous tension, lubricates joints and fights infections.



INDIGO

Helps eye inflammation, cataracts, glaucoma and ocular fatigue.



PURPLE

Relaxes muscles, relieves headaches and arthritis pain. Purifies body and assists with detoxification.



PINK

Eliminates impurities in the blood stream. Cleanses body and strengthens veins and arteries.



WHITE

Stimulates production of serotonin, regulates sleep and nervous system. provides energy and helps reduce effects of seasonal affective disorder (SAD)



AROMATHERAPY INCLUDED



LAVENDER, ROSE, GREEN APPLE OR ADD YOUR FAVOURITE ESSENTIAL OIL



Warranty

Infrared Sauna Limited Warranty

Canadian Spa Company manufacturing extends the following warranties to the original purchasers of its saunas:

One-year limited warranty on electrical, heater and cabinetry. We warrant our products to be free of defects in material and workmanship. Parts, which become defective within the warranty period, will be repaired or replaced except for damage due to negligence, abuse, misuse, misapplication, unauthorized modifications, improper installation, or normal wear and tear.

NOTE: THIS UNIT IS RECOMMENDED FOR INDOOR USE ONLY. THE SAUNA MUST BE COVERED IF USED OUTDOORS.

Extent of Warranty

This warranty is extended only to the original purchaser and terminated upon transfer of ownership. This warranty shall not apply to any product or component used in any industrial, rental, club or commercial purpose.

This warranty shall not apply to any claims arising from the misuse, neglect, accident, abuse, improper installation, including but not limited to exposure to fire or to excessive heat, and other hazards of nature. Under no circumstances will the manufacturer be liable for any special or consequential damages arising from the use of the product, components, and the parts attached, or installed with it. Nor for injury to any person, any claims for damages arising from the use, installation or servicing of the product.

The purchaser is responsible for providing adequate access to the equipment so that any necessary service may be performed. The purchaser must establish, by dated sales slip, invoice or delivery receipt, the date of purchase. All costs for removing and reinstalling the sauna including the freight charges to and from customer shall be at the customer's expense.

Disclaimer:

We will not cover any labour costs attributable to disassembly and reassembly of the unit. We will not be responsible for labour costs of the routine maintenance, adjustments or alterations to the calibration of the electrical devices.

Warranty Registration

We recommend that you register your warranty online at: canadianspacompany.com/warranty

This ensures that we can respond to you in the unlikely event that you have any issues, or if you simply need help and guidance with your product.



Canadian Spa Company meets ISO 9001 Standards. When you purchase a hot tub from Canadian Spa Company the ISO 9001 certification assures world class excellence in manufacturing and customer service.

31/05/18