

User Manual

Ulkona 4-Person Full Spectrum
Infrared Outdoor Sauna



LUXO|Saunas

welcome.

Dear Customer,

Congratulations on your purchase of Ulkona 4-Person Full Spectrum Infrared Outdoor Sauna. We are confident that you will enjoy the many benefits of using the sauna for years to come.

It is essential to carefully and thoroughly read this manual in its entirety before assembling and operating the sauna for the first time. We recommend keeping this manual for regular review and future reference.

Our saunas are crafted from the finest materials, using cutting-edge technology and high-quality workmanship to meet the highest industry standards.

Regular use of the sauna can provide numerous health benefits, contributing to noticeable improvements in pain relief, weight management, skin health and stress reduction by promoting improved blood circulation.

Discover the unique features of the Ulkona sauna, including its numerous health advantages, superior quality, and our team's committed approach to customer service and support.

We are dedicated to ensuring customer satisfaction. Feel free to contact our team if you need any assistance.

**Please call us on 02 8999 1114
or visit our website www.luxoliving.com.au
Once again thank you for choosing our sauna products.**

Best Regards,
Luxo Living Team

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Conditions of Use.

1. **Temperature:** +0°C ~ +65°C (+32°F ~ +149°F)
2. **Relative humidity:** ≤85%
3. **Depression:** 700~1060 hpa
4. **Main supply:** AC 220-240V
5. **Frequency:** 50Hz±1
6. **For domestic use only**

General Technical Characteristics.

1. Functions processed by microprocessors
2. Temperature adjustable from 0°C to 65°C
3. Cabin size: 1800*1800*2000mm
4. Adjustable dwell time from 0 to 90 minutes
5. Soft touch key
6. Durable carbon fibre heating panels and full spectrum heaters

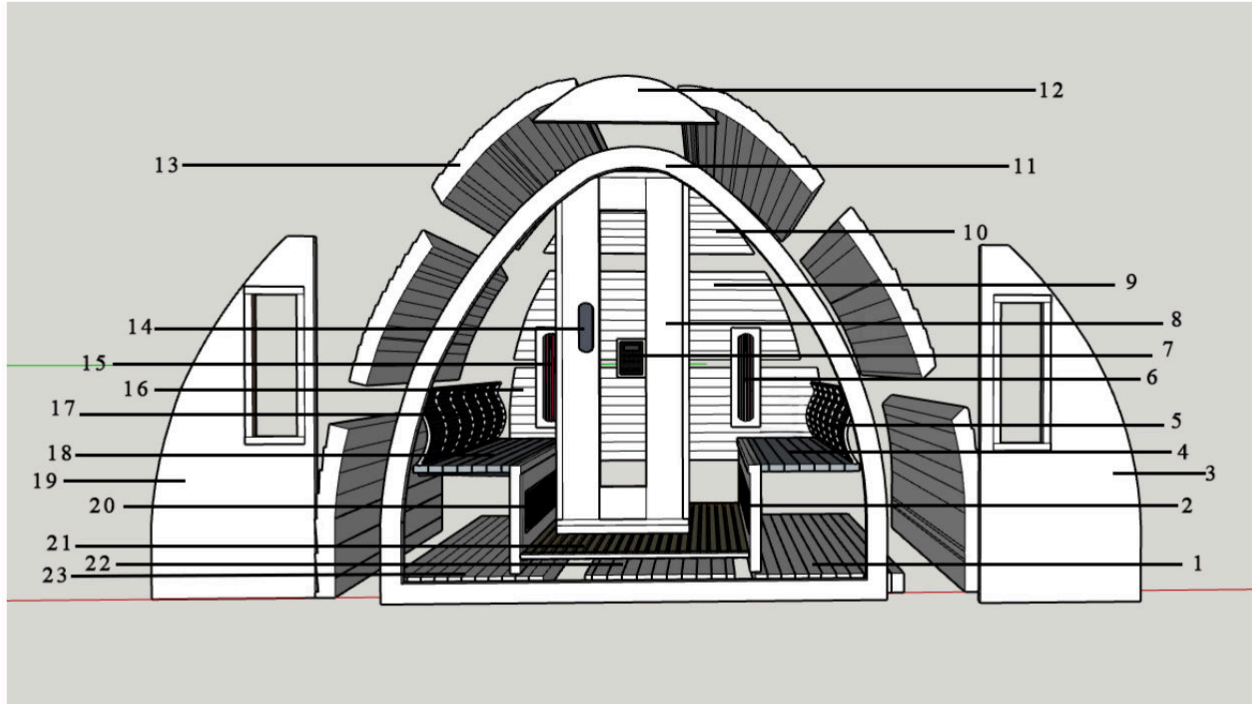
Packaging.

Contents of Boxes		
Box 1 of 7 1.Wooden strip 56 pcs	Box 4 of 7 1.Three bottom panels 2.Seat surface horizontal strip	Box 6 of 7 1.Two backrests 2.Foot carbon heater
Box 2 of 7 1.Waterproof strips 2.Waterproof cloth	Box 5 of 7 1.Back wall 2.Front panel 3.All small covering strips	Box 7 of 7 Electric parts
Box 3 of 7 1.Seat bench 2.Bench holder 3.All molding strips		



WARNING!!!

The receptacle provided by the manufacturer must be installed by a qualified electrician only.



- | | | |
|---------------------------------|---|-------------------------------|
| 1. The right panel of the floor | 9. Middle part of the back wall | 18. Bench |
| 2. Bench holder | 10. Top part of the back wall | 19. Left panel of front wall |
| 3. Right panel of front wall | 11. Bargeboards | 20. Bench holder |
| 4. Bench | 12. Top panel of front wall | 21. Carbon heater |
| 5. Backrest with carbon heater | 13. External wooden strips
(about 56pcs) | 22. Middle panel of the floor |
| 6. Full spectrum heater | 14. Door handle | 23. Left panel of the floor |
| 7. Control panel | 15. Full spectrum heater | |
| 8. Wooden door | 16. Bottom part of the back wall | |
| | 17. Backrest with carbon heater | |



Scan the code to access the assembling video.

Installation Information.

1. Do not plug any other appliances into the outlet with your sauna.
2. The sauna should always be placed on a fairly level surface.
3. Do not spray the exterior with water. If the floor is consistently damp, you will also need room behind the sauna to allow access to install a floor separator to keep the sauna high and dry.
4. Do not store flammable objects or chemical substances near the sauna.

Assembly Instructions.

Assembly of the sauna requires **at least 4 able-bodied persons** to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the unit. If you encounter any problems or have questions during assembly, please feel free to call our Customer Service or local dealers.

STEP 1. LOCATION OF SAUNA

When determining a location for your sauna, please keep in mind the following:

1. The main power cord of the sauna must be easily accessible.
2. The location must be dry and level.

STEP 2. PLACING THE BOTTOM PANELS

Place the three Bottom Panels on the ground and make sure that the "FRONT" sticker is facing the direction where the front of the sauna would be. The side with the wooden strips facing up.

Connect the three base plates together with three long wooden strips and secure them with screws.

You will also need room behind the sauna to allow access to install a floor separator to clip in the back panel (Sauna can be slid back after installation).



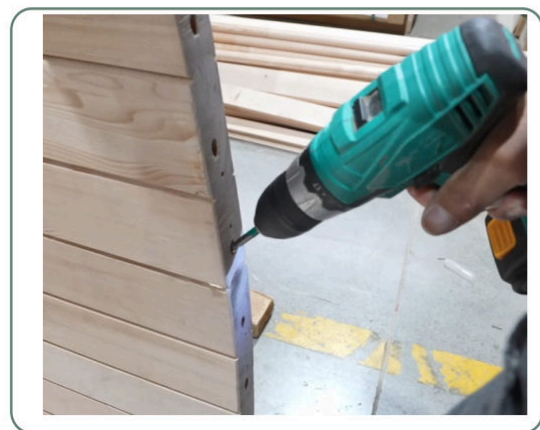
After securing the flooring, flip the entire board over. Place the wooden strips in the front trench.



STEP 3. CONNECTING THE BACK WALL PANEL

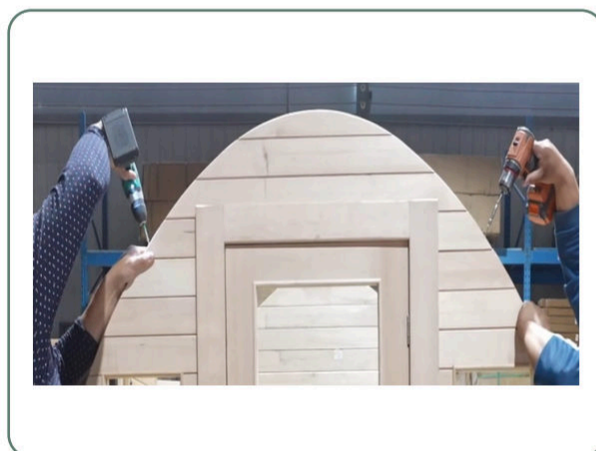
The back wall is divided into three sections. First, place the bottom back wall panel into the groove, then place the middle back wall panel and the top back wall panel in sequence. The middle and top sections need to be secured with screws on both sides. Please pay attention to the location of the screws.

(6 pcs*50mm screws needed)



STEP 4. CONNECTING THE FRONT PANELS WITH GLASS DOOR

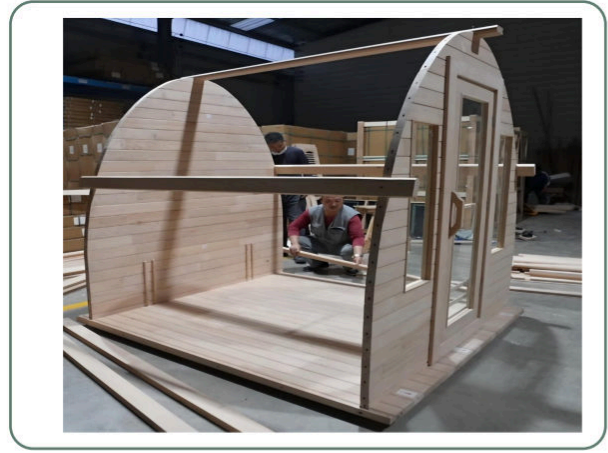
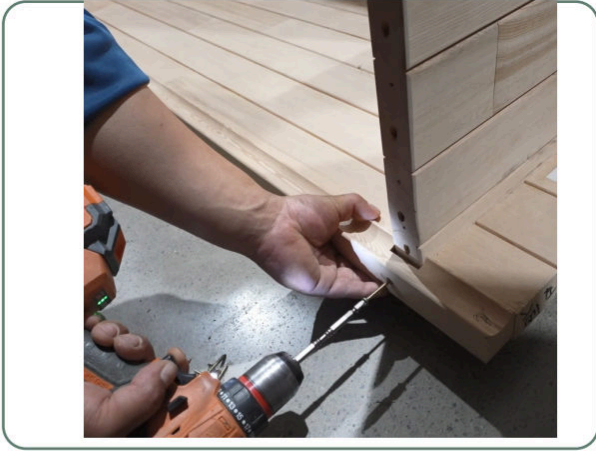
First, place the right front panel in the correct position and secure it to the bottom with screws. Then, place the door in the correct position and connect it to the right side. Next, place the left front panel in the correct position and connect it to the door, securing it to the bottom with screws. Finally, install the top and secure it to both sides with screws. (6 pcs*50mm screws needed)



STEP 5. PLACING THE WOODEN STRIPS

First, secure three wooden strips to the top and both sides to ensure the sauna's front-to-back stability. Then, fixed the bottom side strip, starting from the bottom. Install the wooden strips one by one, hammering each strip firmly before securing it with screws.

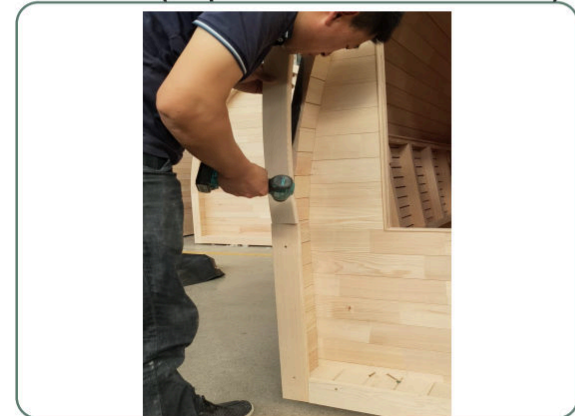
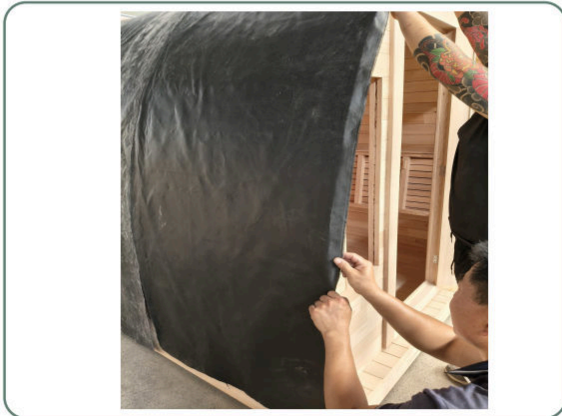
(100 pcs*50mm screws needed)



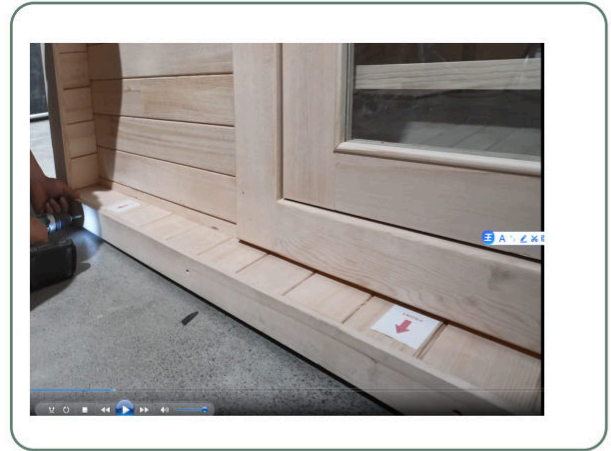
STEP 6. PLACING THE BARGEBOARDS

Cover the sauna room with a waterproof tarpaulin, wrapping the edges around both ends of the wooden strips. It is recommended to secure the tarpaulin with a pneumatic nail gun first, and then install the water-blocking panel.

Install the bargeboard one by one, then secure it with screws. (10 pcs*30mm screws needed)



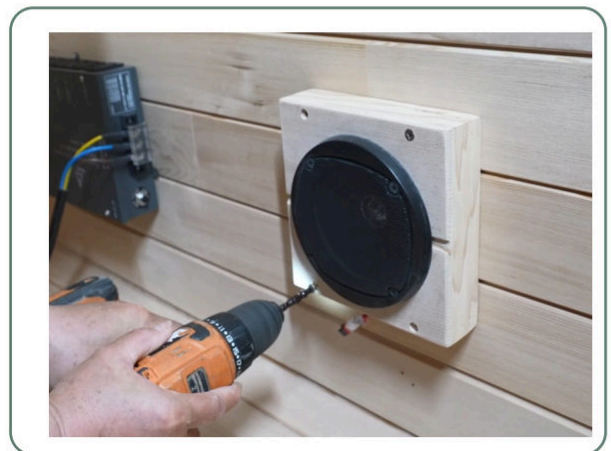
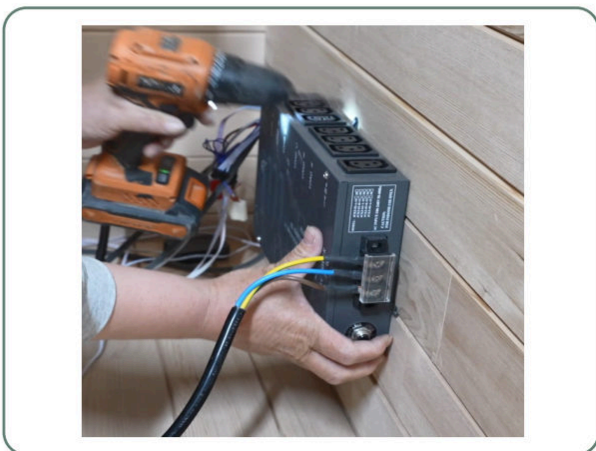
Bargeboards should be installed at the front and back, and wooden strips should also be installed at the bottom, all secured with screws.



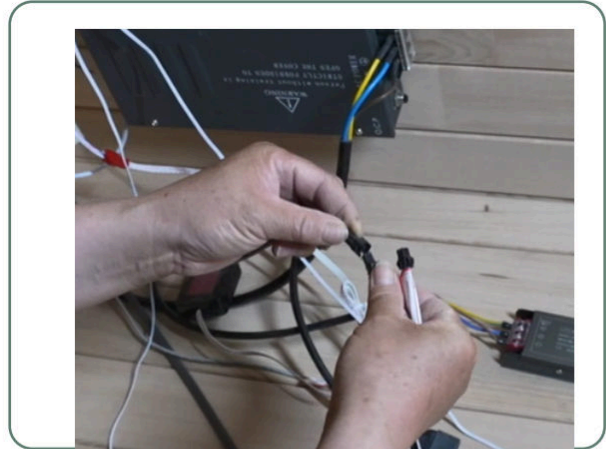
STEP 7. INSTALLATION OF THE ELECTRICAL PARTS

First, pass the power cord through the hole in the back wall, then connect the power cord to the power box, and fix the power box to the wall with screws.
Next, secure the speaker to the wall with screws as well. Make sure to install speakers under both seats on the left and right sides.

(20 pcs*50mm screws needed)



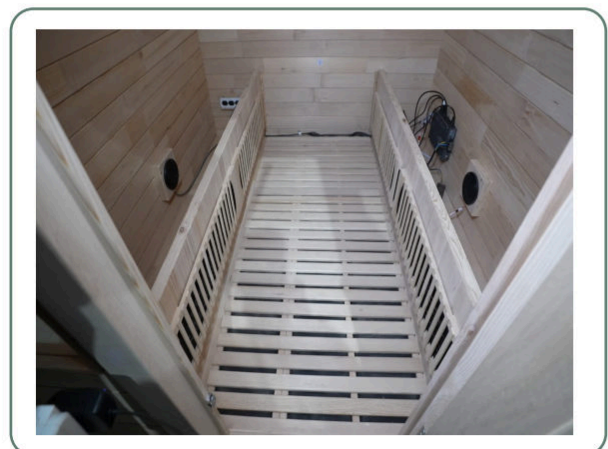
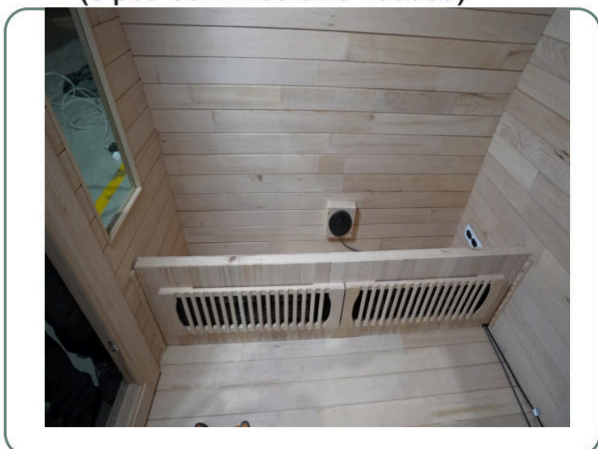
Connect the electrical connectors, inserting them correctly and arranging them neatly.



Install the bench holder of both seats in sequence, then plug in the heater's connection wires.

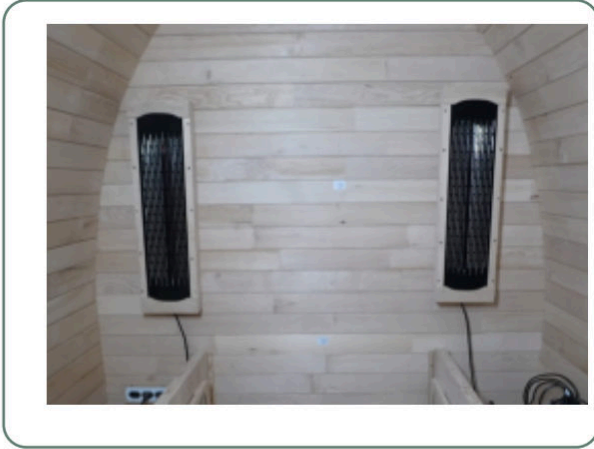
Place the carbon heater for the foot and secure it with screws.

(6 pcs*50mm screws needed)



Secure the full-spectrum heating elements to both sides of the back wall with screws, paying attention to the height. After installation, connect the connectors.

(16 pcs*70mm screws needed)



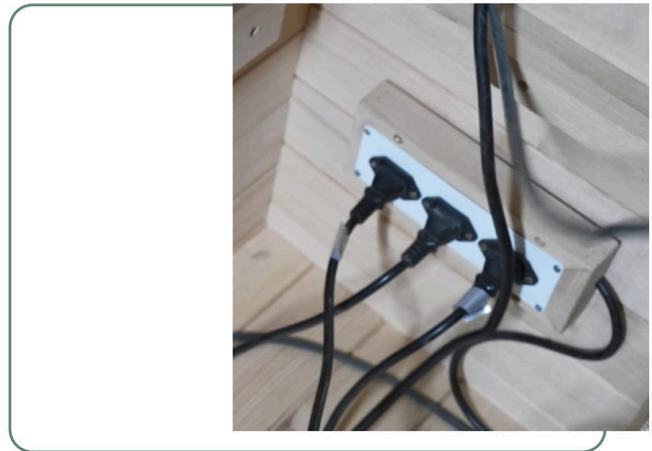
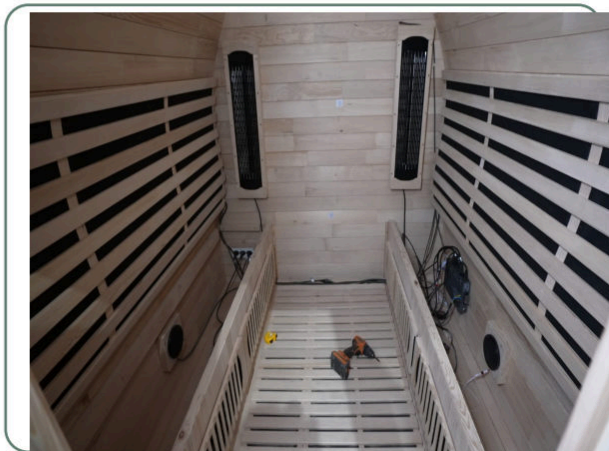
STEP 8. PLACING THE BENCH

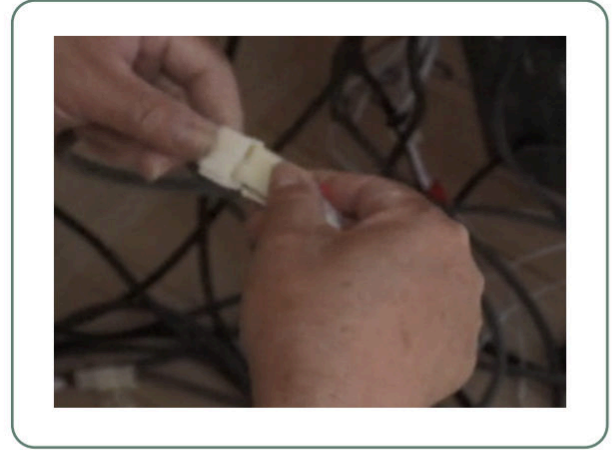
Secure the bench support strip with screws at a height of 40cm.(with 8pcs of 50mm screws)
Secure the wooden support strips at both ends of the bench with screws at a height of 40cm.



Install the backrest and secure it with screws. Then, connect the heating plate's wiring; this needs to be done on both sides.

Before placing the bench, thread the LED strip wiring through the chair frame and connect it to the corresponding plug near the power box.





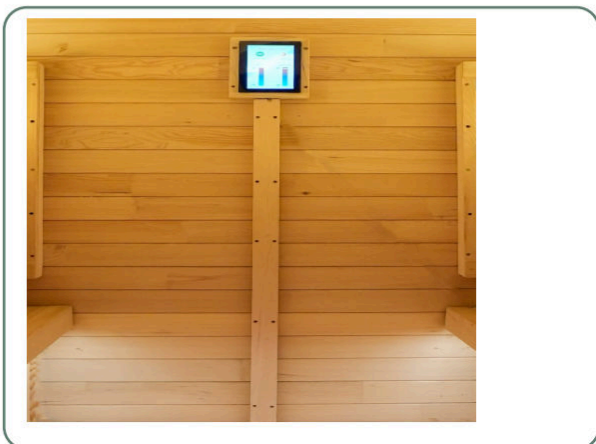
STEP 9. INSTALLING THE CONTROL PANEL

Secure the control panel with screws, then connect the interface to the corresponding plug. After installing the components, cover the wires with wooden strips and secure them to the wall with screws. (4 pcs*50mm screws needed)



STEP 10. INSTALLING THE WIRE SHIELDING STRIP

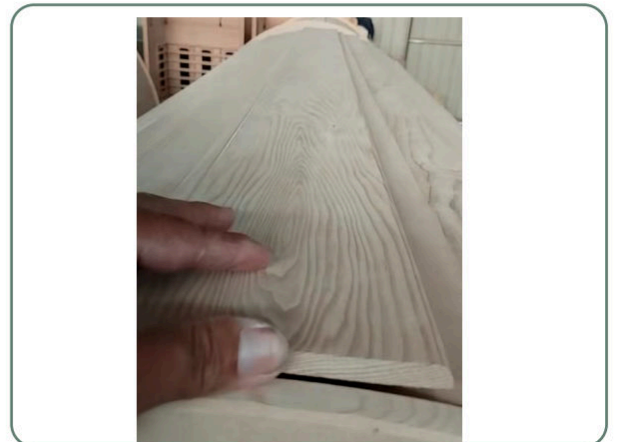
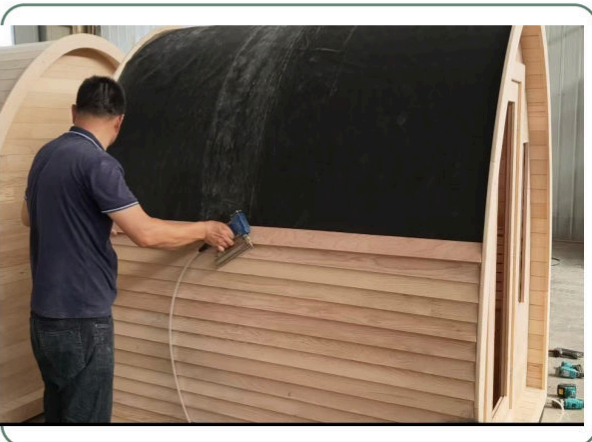
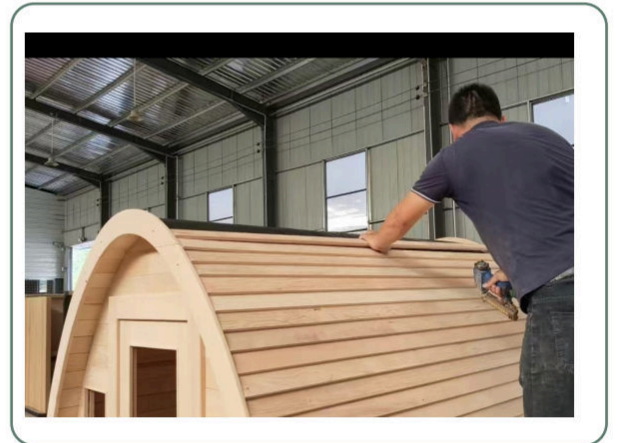
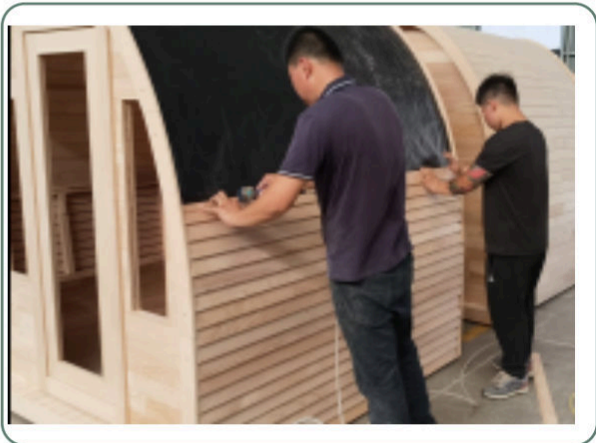
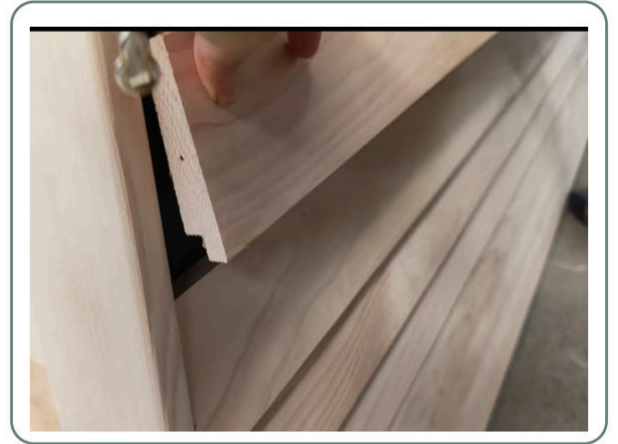
Install the wire concealing strips. Organize all wires neatly and secure them with the wire duct board to conceal them. (30mm screws needed)



STEP 11. INSTALLING THE BEVEL SIDING WATERPROOF ROOF

First, install the bottom piece, ensuring it aligns with both sides. You'll need a professional pneumatic nail gun or any other suitable tool for securing the wooden strips. Align the strips with the grooves and hammer them in firmly. Continue installing, using as many nails as possible for a secure hold.

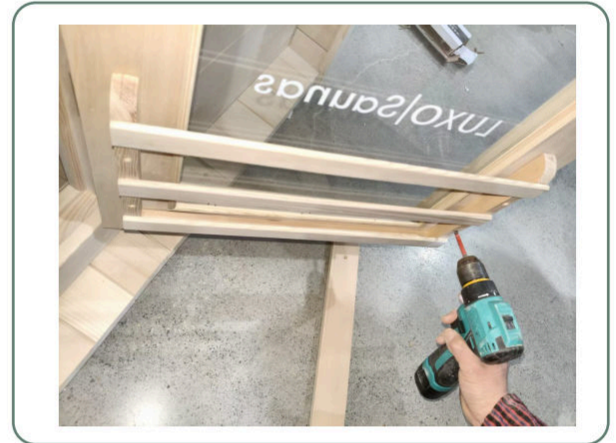
Next, install from both sides to the top. You'll need a sturdy ladder to reach the top, where you'll need a board for final securing.



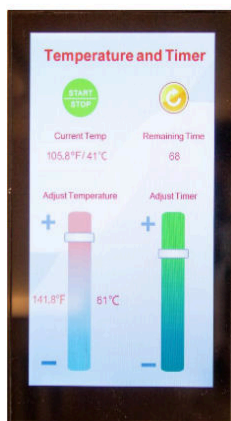
STEP 12. INSTALLING THE DOOR HANDLE, TOWEL RACKS, AND MAGAZINE RACKS

Install door handles, towel racks, and magazine racks one by one.

(8 pcs*50mm screws needed)



Digital Control Operating Instructions.



Step	Button and Indicator	Item	Function
1		Power on the sauna	-Long press the controller screen to turn on.
2		Showing 4 options	-Temperature and Timer-Lights-Audio-Power Off
3		Temperature and Timer	-Temperature:32-149°F (0-65°C)-Timer:0-90min
4		Lights	- Exterior Lights control the starlights on the floor which have 9 colors. To choose a color, press "Scroll" and the colors will switch automatically. - Interior Light controls the LED light on the roof and strip light on the panel.
5		Audio	-FM Radio-Bluetooth: You can connect the mobile phone to Bluetooth to listen to music, etc.
6		Power Off	-Press "OK" to turn off the sauna



Before using the sauna outdoors, it is strongly recommended that you apply wood wax oil to the exterior of the sauna after assembly to improve its waterproof performance.

Sauna Room Wood Wax Oil Application Method

Wood wax oil can be used for surface treatment of wood in sauna rooms. Below are the application steps and precautions based on search results:

1. Choose the Right Wood Wax: Select the appropriate wood wax oil based on the type of wood and the intended use environment. For example, hard wood wax oil is suitable for hardwood furniture such as oak and walnut; soft wood wax oil is suitable for softwood furniture such as pine .

Preparation:

1. Clean the Wood Surface: Ensure the wood surface is free of dust, dirt, and grease.

2. Sanding: Sand the wood surface with sandpaper (240 grit or finer is recommended) until smooth and burr-free, then wipe away any dust with a clean cloth.

3. Moistening Treatment: To improve the lubricity and absorbency of the wood surface, gently wipe it with a damp cloth to slightly moisten the surface.

Applying Wood Wax Oil:

1. Brushing by Hand: Pour an appropriate amount of wood wax oil into a container. Using a brush or cotton cloth, apply a small amount evenly to the wood surface, following the grain of the wood, ensuring even coverage. After application, gently wipe the surface with a clean cotton cloth to remove excess oil. Allow to dry, typically for 12 to 24 hours.

2. Spraying: Wood wax oil can be applied using a spray gun. Note that wood wax oil has a high viscosity and may need slight dilution. Spray evenly onto the wood surface, about 20-30 cm away, ensuring even coverage. After spraying, wipe off any excess with a cotton cloth and allow to dry naturally.

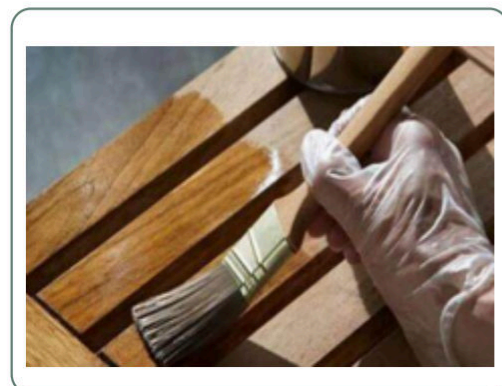
3. Number of Coats: Generally, the number of coats of wood wax oil depends on the type of wood and the desired durability. It is usually recommended to apply 2 to 3 coats. The first coat penetrates and seals the wood surface; the second coat adds protection and shine; and if necessary, a third coat further enhances the protective effect.

Precautions:

Avoid thick application: Wood wax oil should not be applied thickly; thin, multi-layered applications are preferable. Otherwise, the surface may appear greasy or uneven.

Avoid application in humid environments: High humidity will affect the drying speed and effectiveness of the wood wax oil.

The above steps apply wood wax oil to sauna wood. Ensure application in a well-ventilated environment with moderate temperature and humidity to allow the wood wax oil to cure properly.



Instructions for Use.

Review all health and safety instructions. Please consult with your physician, prior to using the sauna for any health concerns. If you feel light-headed or heat-exhausted during a session, exit the sauna immediately.

1. Set the temperature to a comfortable level, normally, 40-50°C.
2. Allow approximately 8-15 minutes for the sauna to warm up before beginning a session.
3. Perspiration will start within 6 to 15 minutes after stepping into the unit. We recommend that a sauna session does not exceed 30 minutes.
4. When the temperature reaches the level set on the thermostat, the heaters will turn off and on periodically to maintain the desired temperature level inside the sauna.
5. The front door/window and/or ceiling vent can be opened at any time to introduce fresh air into the sauna.
6. Infrared's unique property of direct penetration into the body without heating the intervening air in-between allows sauna users to enjoy all of its benefits while the door or window of a sauna is open for ventilation.
7. Always drink plenty of water before, during, and after a sauna session. Doing so will replenish lost fluids from the body through perspiration.
8. Choosing to take a hot shower or bath prior to the sauna session will further promote perspiration. However, dry off thoroughly before going into the sauna because excessive water will stain or warp the wood. A shower after the session is refreshing and rinses perspiration from the body.
9. During the sauna session, keep the sauna tidy by placing a towel on the bench and the floor to absorb your perspiration. Keep one towel handy to wipe off excess sweat from your body.

Warning.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or who lack the experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

Tips for use.

1. To regulate the temperature inside the sauna during your session, use the roof vent or the door window (by setting it at an angle).
2. If you feel the need for more cooling, simply leave the door open until the air around you feels comfortable enough.
3. Drink plenty of fluids prior to, during, and after your session.
4. If you take a hot/warm shower or bath before your sauna session, you may perspire more. Try it with and without bathing or showering first to determine which way you prefer.
5. To utilise the sauna's heat therapy effect, give your hair a hot oil treatment while in the sauna. Put oil or treatment into your hair and wrap it with towel. After the session is over, rinse your hair thoroughly.
6. Use at least 2-3 towels. Sit on one towel folded over several times for added cushioning. Put another towel on the floor to absorb extra sweat. A third towel draped over the knees may aid you in comfort and is useful to towel off sweat.
7. Be sure to towel off excess sweat during your session to help the body perspire more freely.
8. To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
9. Shaving your face or legs with a razor while profusely sweating in a sauna yields an incredibly smooth result without the use of gels or foams.
10. Do not eat anything at least an hour before your sauna session. It is better to go in the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
11. To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms and legs, massage your neck, massage your feet, etc.
12. You can benefit from the relaxing and soothing effects of a regular sauna session by going to sleep afterwards. The peaceful and relaxed state rendered by a sauna session will help you sleep easier and better.
13. 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.
14. Consult your physician for the proper treatment for this or any other conditions.
15. To treat your ankles and feet more effectively, you must elevate them while inside the sauna. Any area that you wish to achieve a specific deep heating effect in should be moved as close to one of the heaters as feels comfortable.
16. After the session is over, do not immediately jump into the shower. Since your body was heated up during the session, it will continue to sweat even after the session. Sit in the sauna with the door open and let the body sweat a little more while it cools off. After you feel comfortable enough, take a warm shower and finish it off with a cold shower to cool off completely.

Safety Instruction.

1. Read and follow all instructions carefully.
2. When installing and using this electrical equipment, you should always follow basic safety precautions.
3. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.

Safety precautions

- a. To avoid fire, do not dry clothes or leave any towels in the sauna.
- b. To prevent burns or electric shocks, do not touch or use metal tools on the net cover of the far infrared heater elements.
- c. While in the sauna, do not touch the light bulb. If the bulb needs to be changed, switch it off and wait until the sauna is shut off and the bulb is cool.
- d. Do not spray water on the far infrared tube. This activity may result in electric shock or damage to the heater elements.
- e. For the safety and well-being of everyone, listed below are precautions when using the sauna:
 - 1) For Individuals with Certain Medical Conditions: Saunas increase body temperature and heart rate, which may not be suitable for individuals with:
 - Heart disease or other cardiovascular conditions
 - Respiratory issues, such as asthma
 - Kidney disorders
 - Diabetes or blood sugar-related conditions
 - Low or high blood pressure

Please consult a physician before using the sauna if you have any of these or other chronic health concerns.

- 2) Pregnant Individuals: Saunas can raise body temperature to levels that may be unsafe during pregnancy, especially in its early stages. Always check with your doctor before use.
- 3) Children and Elderly Individuals: Young children and older adults may be more sensitive to heat. Children under 12 should not use the sauna unless under close supervision, and only for short periods. Elderly users should consult their healthcare provider and start with lower temperatures and shorter sessions.
- 4) Individuals Under the Influence of Alcohol or Drugs: Alcohol and certain medications can impair judgment, increase dehydration, and raise the risk of overheating. Please avoid using the sauna while under the influence of any substances that may affect your awareness or body temperature regulation.
- 5) Those Feeling Unwell: If you have fever, flu symptoms, or any form of infection, wait until you are fully recovered before using the sauna. Saunas can place additional stress on the immune system.
- 6) Individuals with Open Wounds or Skin Conditions: Saunas can aggravate certain skin conditions or delay healing of open wounds. Consult a dermatologist if you have skin sensitivities or chronic conditions like eczema or psoriasis.

These precautions are intended to ensure a safe and enjoyable sauna experience for everyone. Always seek medical advice before using the sauna.

Disclaimer.

Please read the following disclaimer carefully before purchasing or using our sauna product. By proceeding with the purchase or use of our sauna, you acknowledge that you have read, understood, and agreed to the terms and conditions outlined below:

Health Considerations

Our sauna is designed to provide relaxation and promote overall wellbeing. However, it is essential to consult with a healthcare professional before using the sauna if you have any underlying health conditions, including but not limited to cardiovascular problems, high blood pressure, respiratory issues, diabetes, or any other medical concerns. Pregnant women and individuals under the age of 18 should also seek medical advice before using the sauna.

Proper Usage

Our sauna should be used strictly in accordance with the manufacturer's instructions and guidelines. Failure to follow the provided instructions may result in personal injury, property damage, or adverse health effects. The sauna should be used in a well-ventilated area and for the recommended duration specified by the manufacturer. Overexposure to heat can be hazardous and cause overheating or dehydration.

Safety Precautions

It is important to take appropriate safety precautions while using the sauna. Do not use the sauna under the influence of alcohol, drugs, or any other substances that may impair judgment or increase the risk of accidents. Never leave the sauna unattended while it is in operation, especially if there are children or vulnerable individuals present. Keep flammable materials away from the sauna and ensure there is sufficient space around it to prevent fire hazards.

Maintenance and Care

Regular maintenance and cleaning of the sauna are necessary to ensure its optimal performance and longevity. Always follow the manufacturer's instructions for cleaning and maintenance procedures. Failure to maintain the sauna properly may lead to malfunctioning or safety hazards. If you notice any signs of damage or malfunction, discontinue use and contact our customer support immediately.

Limitation of Liability

We strive to provide a high quality and safe product, but we cannot be held responsible for any direct or indirect damages, injuries, or accidents resulting from the purchase, installation, or use of our sauna. The buyer assumes all responsibility and liability associated with the use of the sauna.

Legal Compliance

It is the buyer's responsibility to ensure compliance with all applicable laws, regulations, and local building codes regarding the installation, operation, and use of the sauna. Any modifications or alterations made to the sauna without prior authorization from the manufacturer may void the warranty and could compromise its safety.

It is strongly recommended to seek professional advice or assistance whenever necessary to ensure safe and proper use of the product.

***Again, we thank you for your purchase.
You've made our day, and we hope you have a great one too!
Enjoy your sauna!***

For any questions, please call us at 02 8999 1114 or contact our online customer service team through our website.

LUXO|Saunas