User Manual

Valo 3-Person Infrared Home Sauna

LUXO|LIVING

Welcome.

Dear Customer,

Congratulations on your purchase of Valo 3-Person Infrared Home 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 Valo 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:** +5°C ~ +40°C (+41°F ~ +104°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.

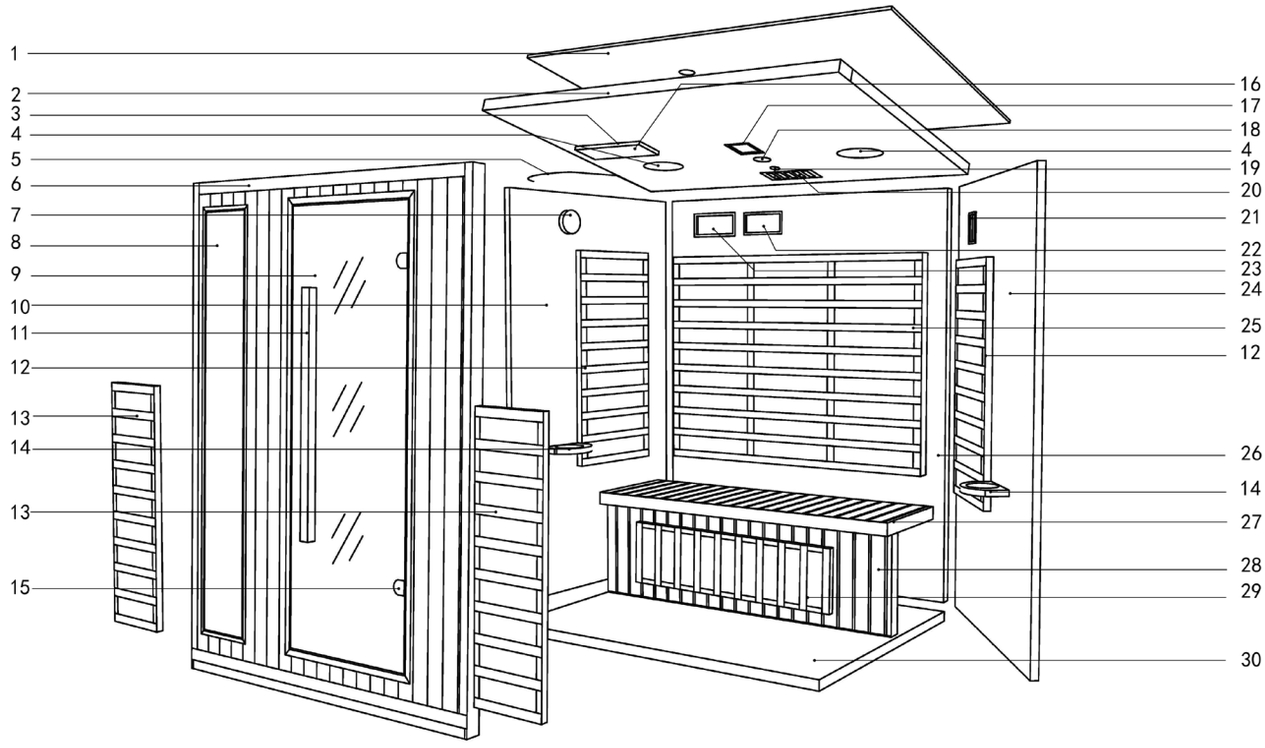
1. **Functions processed by microprocessors**
2. **Temperature adjustable from 30°C to 60°C**
3. **Cabin size: 1500 x 1050 x 1900 mm**
4. **Adjustable dwell time from 0 to 60 minutes**
5. **Soft touch key**
6. **Long-live heater**

Packaging.

Contents of Boxes		
Box 1 of 3 1. Front and back panel 2. Door handle	**Box 2 of 3** 1. Right panel 2. Left panel	**Box 3 of 3** 1. Bottom panel 2. Roof 3. Manual 4. Certificate of approval 5. Ionizer 6. Power box 7. Plug line 8. Colour therapy 9. Cup holder*2 pcs 10. Screws 11. Vertical bench 12. Horizontal bench

WARNING!!!

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



1. Roof cover
2. Roof
3. Power box
4. Speaker
5. Plug cable
6. Sauna front wall
7. Oxygen
8. Side glass
9. Glass door
10. Left sauna wall
11. Door handle
12. Left and right sauna wall carbon heaters
13. Front wall carbon heaters
14. Cup holders
15. Door hinges
16. Circuit board
17. Color therapy
18. Interior light
19. Temperature sensor
20. Ventilation
21. Color therapy control panel
22. MP3
23. Sauna control panel
24. Right sauna wall
25. Back sauna wall carbon heater
26. Back sauna wall
27. Horizontal bench
28. Vertical bench
29. Vertical bench carbon heater
30. Sauna floor

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. The sauna must be placed indoors and in a dry area.
4. 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.
5. Do not store flammable objects or chemical substances near the sauna.

Assembly Instructions.

Assembly of the sauna requires **at least 2 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 BOTTOM PANEL

Place the Bottom Panel on the ground and make sure that the “FRONT” sticker is facing the direction where the front of the sauna would be.

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.)

STEP 3. CONNECTING BACK PANEL TO BOTTOM PANEL WITH BUCKLES

Connect the back panel to the bottom panel by lining up the back panel on the groove of the bottom panel. Align buckles on both panels and fasten them if applicable.
Keep in mind that the back panel will not have enough support from the buckles alone until the side panels have been installed in place.

STEP 4. CONNECTING SIDE PANELS

Connect the Side Panels to the Bottom Panels by lining up buckles and fastening them.
Each Side Panel has a white label to identify which side it is. The panel with “LEFT PANEL” label should be placed on the left side when facing the sauna from the front.

STEP 5. INSTALLING BENCH HEATER PANEL

Slide down the Bench Heater Panel by lining up its sides with the Vertical Guides on each Side Panel.
1. Bench Heater Panel must be positioned so that the “TOP” sticker is facing up and the heater facing outward.
2. Be careful not to scratch the Side Panels when positioning the Heater Panel.

STEP 6. PLUGGING BENCH HEATER CABLE

Plug in the Bench Heater Cable to the Outlet located at the Back Panel. Make sure connection is secure.

STEP 7. INSTALLING BENCH PANEL

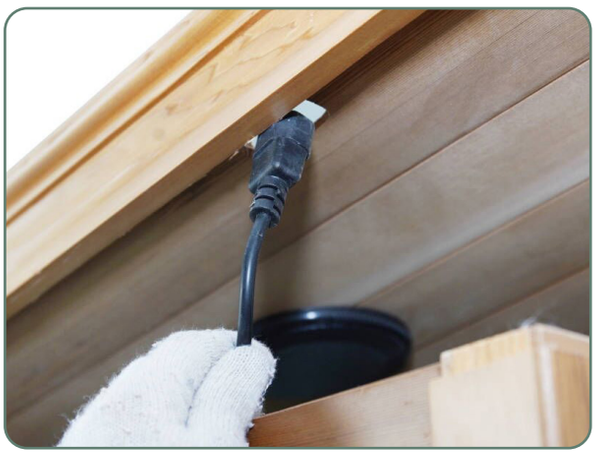
Install the bench panel by sliding it over the horizontal guides on each side panel. Be careful not to scratch the side panels when doing so.
Make sure to position the bench so that the “BACK” sticker is facing back, the smooth and finished sides of the bench are facing up and forward. Fix the bench panel to the bench heater panel with screws.
(3 pcs*50mm screws needed)

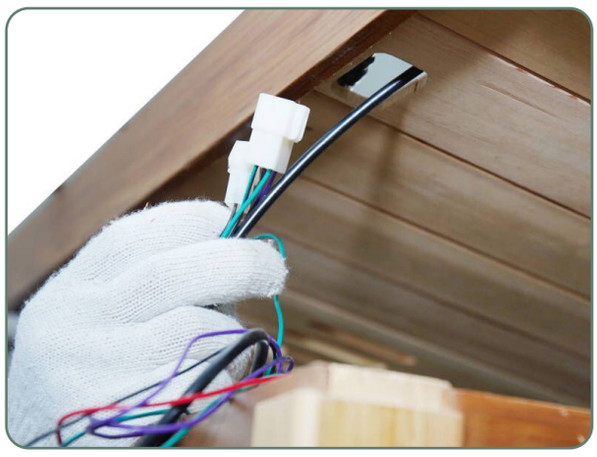
STEP 8. CONNECTING FRONT PANEL

Place the front panel on the bottom panel. Align inner buckles.

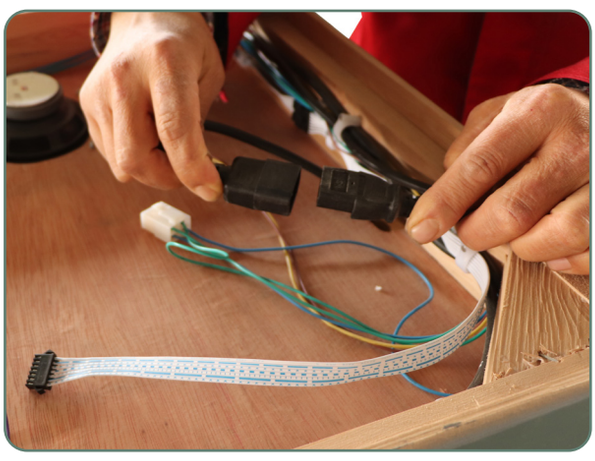
STEP 9. PLACING TOP PANEL

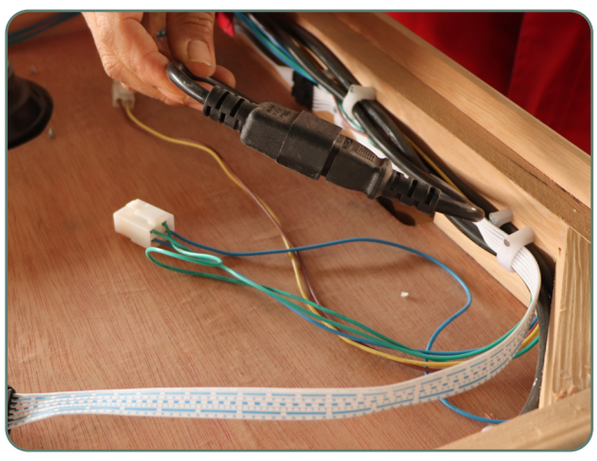
Plug the heater wires through the holes around the top panel.
Gently place the top panel onto the rest of the assembled panels. When all four corners are in place, gently push down the top panel until it is snugly fit over the rest of the panels.
Make sure that the cables around the corners do not get pinched between the panels.

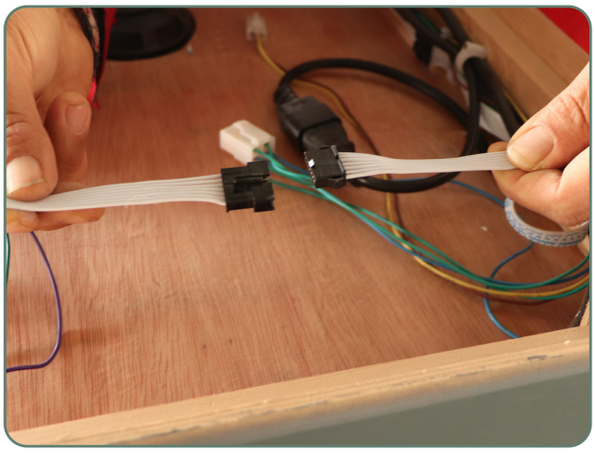
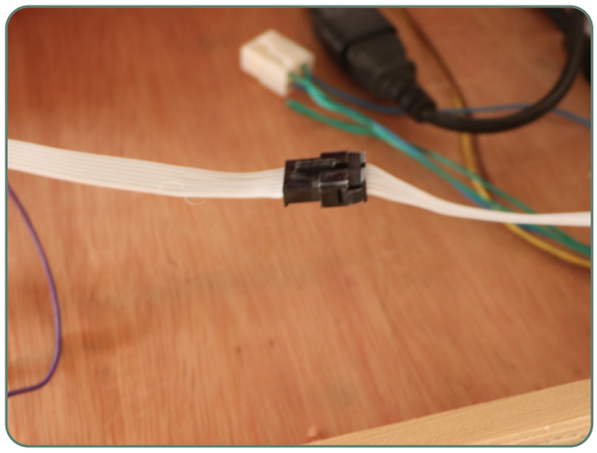
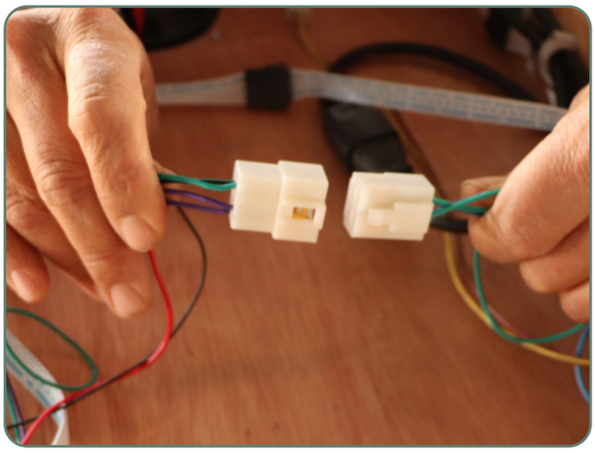
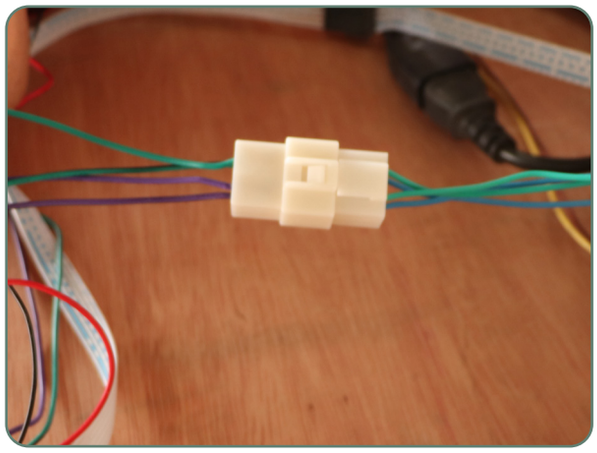
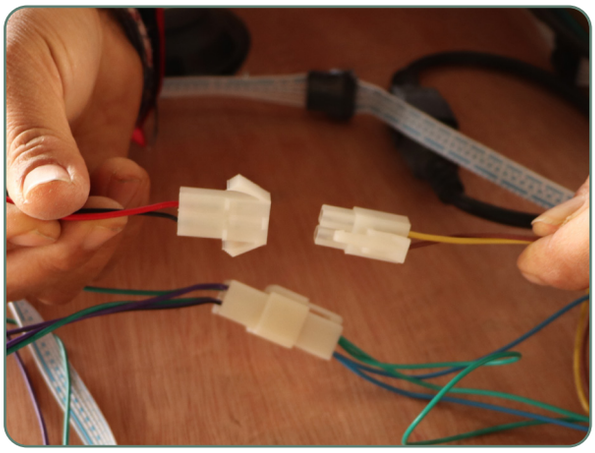
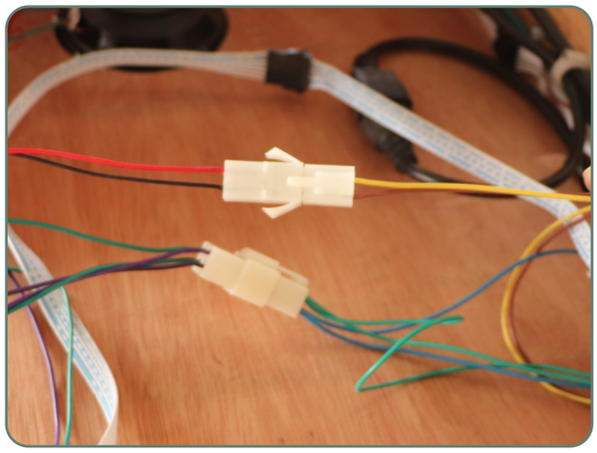
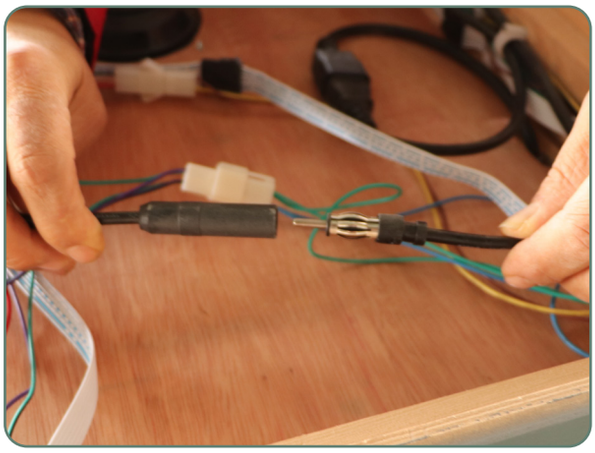
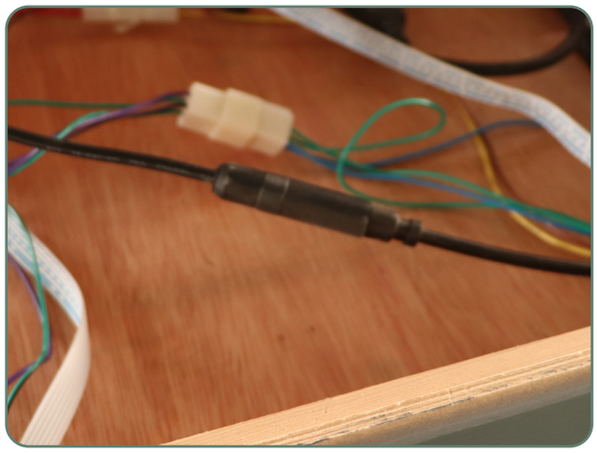




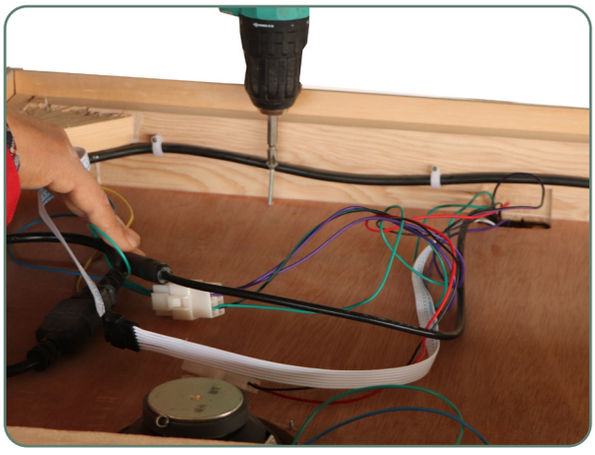
STEP 10. ROOF PLUGS CONNECTIONS

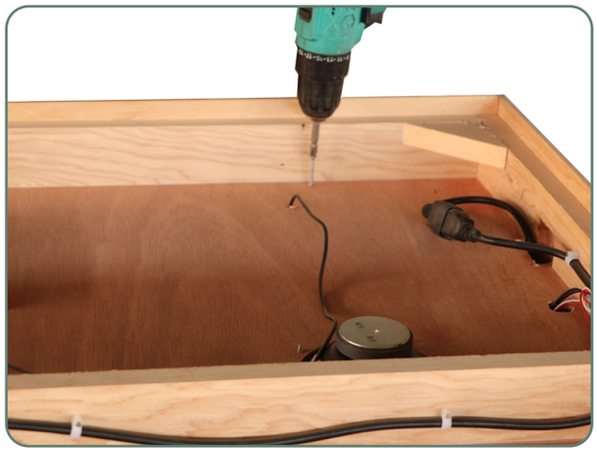




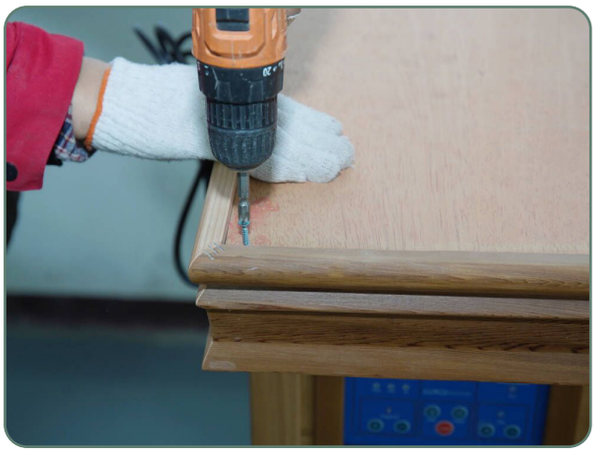









STEP 11. USE SCREWS TO SECURE THE ROOF ONTO THE CABIN (6 pcs*30mm screws needed)



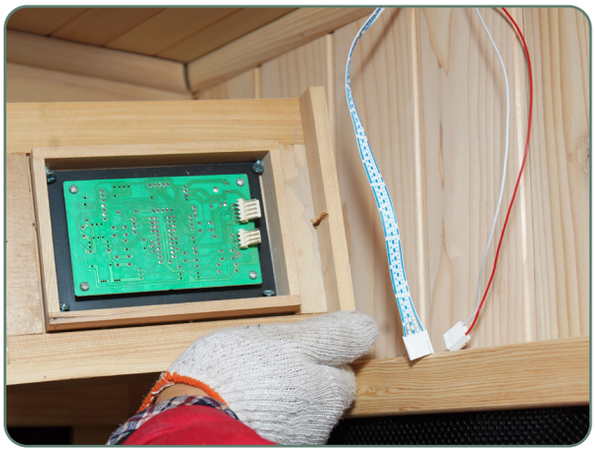


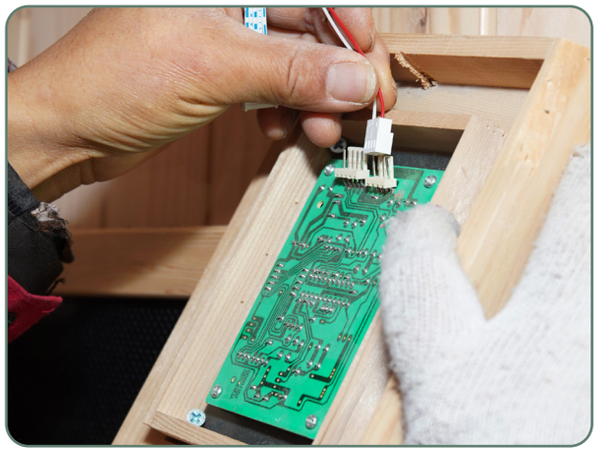
STEP 12. PUT THE ROOF DUSK COVER SECURING IT WITH THE SCREWS ONTO THE ROOF. (12 pcs*20mm screws needed)

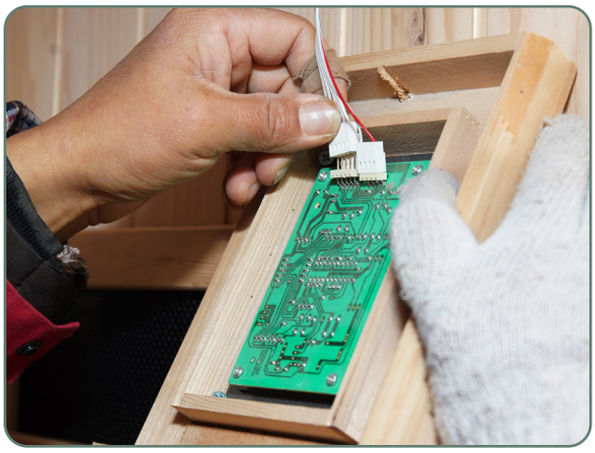


STEP 13. INSTALLING DOOR HANDLE (6 pcs*40mm screws needed)

STEP 14. INSTALLING COLOUR THERAPY CONTROLLER (2 pcs*40mm screws needed)

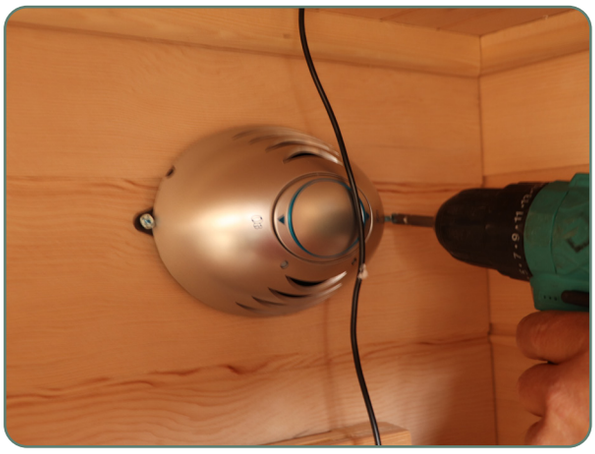






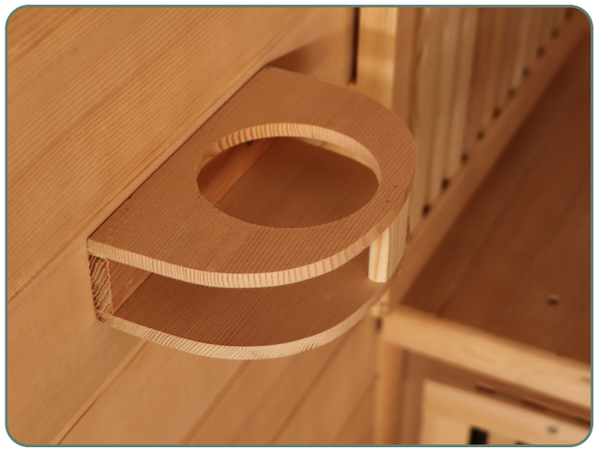
STEP 15. ASSEMBLE THE IONIZER OXYGEN

1. Plug the power.
2. Hang the ionizer on a screw hook at a designated location on the wall. (2 pcs*20mm screws)



STEP 16. INSTALLING CUP HOLDER

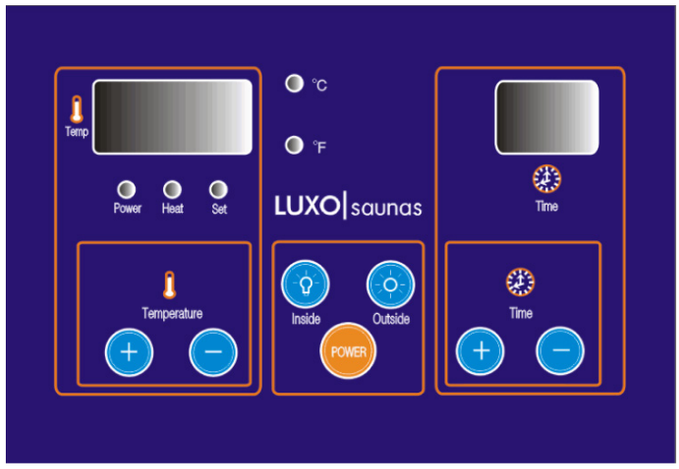
Attach cup holders in the fore left corner and the fore right corner (when sitting in the sauna).
(4 pcs*20mm screws needed)



STEP 17. INSTALLING BACK SEAT

Attach cup holders in the fore left corner and the fore right corner (when sitting in the sauna).
(4 pcs*20mm screws needed)

Digital Control Operating Instructions.



Button and Indicator	Function
Temperature “+ / -” button	Temperature will increase or decrease by one degree at a time. By holding down the “+/-” keys, you can speed up the rate of change.
Time “+ / -” button	Time will increase or decrease by one degree at a time. By holding down the “+/-” keys, you can speed up the rate of change.
“Inside”, “outside” light button	Light switch (outside light is optional)
“Power” button	Power on/off
Indicator	“Power” light: starting up status. “Heat” light: lights up when heating begins. “Set” light: lights up when in the Setting mode. “C/F” light: displays the current temperature settings.

1. START-UP

a). Plug the unit in a separate well-grounded three-hole outlet, “Power” indicator lights up.

b). Press “Power” button to turn on the equipment, left window display temperature, the right one display time.

c). Advice another person when using the sauna. Please power off the unit when leaving the sauna.

2. ENJOYING SAUNA

a). SET THE TEMPERATURE

Press the TEMPERATURE “+ or –” buttons to adjust the temperature. Temperature display window will show actual time when not in use, it will display the set temperature when adjusting it.

b). SET THE TIME

Press the TIME “+ or –” to set the sauna time. When one minute is remaining, a beep will start the count-down to 0. When countdown ends, unit automatically shuts off.

c). The temperature and time set previously will be stored automatically and it will boot automatically using the same setting the next time.

3. READING LIGHT

Press “Inside” button or “outside” button to turn the light on or off. It is not controlled by the remaining time and “power” button.

4. SWITCHING BETWEEN °F AND °C

Press the temperature “+” and “-” key together to switch between °F and °C.

5. TURN OFF THE SAUNA

Press POWER button to turn off the sauna. If sauna will not be used for a long time, please unplug the the unit.

6. CONTINUOUS USE

You may use the unit continuously for 3 hours, after which shut it down for 30 minutes then you may use it again. This will prolong the unit’s life.

7. WARNING CODE

The sauna has a built-in automatic warning system. The meaning of the codes are as follows:

a). High temperature protection

The temperature displays “H” and the buzzer alarm will sound off. Turn off and turn on the sauna again after cooling down.

b). Show “EP”

Temperature sensor failure, Ensure that the sensor is connected properly or contact our after-sales customer service.

Digital Color Therapy Operating Instructions.

1. Press the “Power” button, tum on the Digital Color Therapy system.

2. When light displays the color you need, press the “Select” button to choose. Press the button “Set”, and press the button “+”,”-” to adjust the time, press the button “Set” again, Countdown starts.

3. Press the “Power” button again, tum of the Digital Color Therapy system.

Oxygen Ionizer Application Guide.

The ionizer releases negative ions to purify the air, dispensing natural floral fragrances to enhance people’s mood, and help stimulate relaxation.

The type of oxygen ionizer

1. Turning on ION purifies the air inside the sauna.
2. Turning on O3 disinfects the sauna.

Replacing the fragrance piece

1. Take off the oxygen ionizer.
2. Open the back piece of it.
3. Take out the used floral fragrance and replace it with a new one.
4. Cover the back piece of the ionizer.

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. Do not use the sauna if you have any of the following conditions:
1) Open wounds
2) Eye diseases
3) Severity sunburns

f. Elderly & weak people, especially those suffering from a disease, pregnant women and infants are prohibited. Children over the age of 6 may use the sauna under the supervision of adults.

g. If suffering from a disease directly related to temperature, seek the advice of a doctor before use.

h. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.

i. Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.

j. Do not place pets in the sauna.

k. Do not use the sauna if you are under the effects of alcohol. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.

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.

By purchasing or using our sauna, you acknowledge that you have thoroughly read and understood the contents of this disclaimer and agree to release us from any liability or responsibility associated with the purchase, installation, or use of our sauna. 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.

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