

# User Manual

**SAUNA | POD**

BY VITAL+

# SAUNA | POD

## IMPORTANT SAFETY INSTRUCTIONS

### +DANGERS/WARNINGS

**CONSULT A DOCTOR BEFORE USE. THIS IS NOT A MEDICAL DEVICE. IF YOU HAVE ANY OF THE CONDITIONS BELOW, USE OF THE SAUNA IS NOT RECOMMENDED WITHOUT YOUR DOCTOR'S APPROVAL:**

- You have skin diseases, burns, or reddening.
- You have splanchnic diseases.
- You require a heart defibrillator or use any other implantable devices.
- You have a heart disease or illness.
- You have broken bones.
- You have malignancy.
- You feel nauseous, have a headache, or other symptoms.
- You have just had surgery.
- You have osteoporosis.
- You suffer from abnormal blood pressure.
- You are currently pregnant or breastfeeding.
- You have anhidrosis.
- You have cancer or other malignant conditions.
- You have any metal or other body implants, including breast implants.
- You have mental illness.

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## IMPORTANT

## SAFETY INSTRUCTIONS

### +DANGERS/WARNINGS

- Examine the product, cord, controller and steam unit before each use for signs of wear or damage. If improper operation, wear, or damage is observed, discontinue use immediately, unplug the unit, and contact support.
- Keep all dogs, cats, and other pets away from this product. This is an electrical appliance that they can damage or be injured by.
- Keep infant and child away from the product. This is an electrical appliance that they can damage or be injured by
- Do not use this product with an infant, child, incapacitated or immobile person, paraplegic or quadriplegic, a diabetic, anyone insensitive to heat, or anyone who cannot clearly understand the instructions and/or operate the controls.
- Do not use in conjunction with another electrically heated product.
- Do not tuck in, pinch, flex, or expose the wired area of the steam unit. Do not tuck in the supply cord or controller in a sofa or other furniture. All portions of this product should be visible at all times.
- The controller is not waterproof. Do not immerse in water or other liquids.
- Allow to cool before storing, and do not crease by placing items on top of it. Store in the original packaging, in a cool, dark, dry place.
- Turn off and unplug this heated product when not in use
- An appliance should never be left unattended when plugged in

## IMPORTANT SAFETY INSTRUCTIONS

### +DANGERS/WARNINGS

- Never open or touch the Steam Unit's lid while it is in use.
  - Turn off and unplug the steam unit, and allow the water to cool for about 45 minutes before opening
  - Remove the lid slowly.
- Before turning on the Steam Unit, ensure the lid is firmly twisted into the grooves on top of the steamer.
  - Do this by pressing down and turning the lid clockwise into the grooves.
- Always ensure there are no blockages or folds in the tubing that would prevent airflow from the SmartSteam Unit while it is in use.
- The user will be wet with sweat and moisture after use. Depending on location and duration of use, minor humidity may also condense underneath the sauna. It is recommended to use the unit on a water-resistant surface and dry off moisture after use to prevent damage to any surfaces.



# Read Before Using Steamer

(01) **PLEASE USE** caution when steamer is in use as the water and steam are very hot.

(02) **BEFORE turning the steamer on**, secure the lid properly by firmly pressing the lid down into the grooves on top of the steamer and rotating the lid clockwise. Ensure it is firmly locked in place before turning the steamer on. Steam should not be escaping from the lid. Ensure there is no damage to the steam unit device prior to use. Report any damage to customer care immediately.

(03) **BEFORE USE**, ensure there are no clogs or folds in the tubing attached to the steamer that could cause built up pressure in the steamer. If steam is escaping the unit, please switch off the steam unit from the electrical outlet and wait 45minutes for the unit to cool down before approaching or inspecting.

(04) **DO NOT** touch the steamer or attempt to unlock or open the lid while the steamer is in use.

**ALWAYS** ensure you use the controller or the electrical outlet to turn off the steam unit after use.

(05) **ALWAYS** ensure the steamer is off, the unit has not been used for at least 45minutes and the device is unplugged **before opening the lid**.

(06) **DO NOT** use the steam unit for more than 1 hour.

(07) **DO NOT** fill the steamer past the water level indication line.

(08) **AFTER EACH USE**, safely empty any water buildup in the steam dispenser located inside the sauna after each use. Water inside the dispenser can cause pressure buildup.

(09) **CLEAN** the surface of the heating element after each use if it becomes dirty. Depending on water being used, mineral deposits may form on the bottom of the steamer after several uses.

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**DO NOT TOUCH  
(EXTREMELY HOT)**



- Once you have completed your session, **exit the sauna**.
- **Always unplug** the Steam unit from the wall after use. Do not touch the Steam unit whilst there is hot water inside. Use the controller or the power outlet to turn off the machine
- **CAUTION:** After and during use, the Steam unit and the steam output box will be extremely hot. Do not touch, kick or push the unit.
- **DO NOT** unlock or open the lid while the steamer is in use, or until at least 45 minutes after use.
- **For sanitary reasons**, we recommend cleaning the sauna between each session.
- Leave the SaunaPod door open to allow it to air out completely.
- After the sauna has cooled, ensure the steam output box inside the sauna is emptied and not filled with water before your next use.

# SAUNA | POD

## SAFETY ESSENTIALS



**WARNING:** It is essential to follow these steps when operating the steamer to reduce the risk of burns, fire, electric shock or injury. Review and follow the safety instructions very carefully:

### Steam Machine Safety Essentials



Never touch or move the steam machine when it is in operation or has hot liquid inside. Only use the remote control to turn off the steamer or adjust the temperature.



Ensure individuals and pets keep a safe distance away from the steam machine when it has hot liquid inside



Unplug the electric steam machine immediately after use. Never touch the steam unit device when it contains hot liquid



Never operate the electric steam machine if it appears to be damaged, if the chord has been damaged or is wet.



Do not carry the steam machine by the electric cord or keep the cord near a heated surface



Never leave the electric steam machine unattended when in operation



Do not use the steam machine on the same electrical outlet as other high-power appliances



Do not operate the steam machine in humid environments



Ensure the lid is securely and firmly clipped in. Failure to do so can cause the lid to pop off during use

# SAUNA | POD

## SAFETY ESSENTIALS



**WARNING:** It is essential to follow these steps when operating the Steam Sauna to reduce the risk of burns, fire, electric shock or injury. Review and follow the safety instructions very carefully:

### SaunaPod Safety Essentials



Read the instruction manual and view the video very carefully before operating the Saunapod



Never use the SaunaPod alone, always have someone nearby in case of emergency.



Persons with medical history of heart disease, low or high blood pressure, circulatory system problems, pregnancy, diabetes or any existing condition should consult a physician prior to using the sauna



The steamer tube will be emitting very hot steam inside the sauna. Make sure you place the steam tube away from where your feet will be



Ensure that you remain adequately hydrated



Do not place any materials or fabrics on top of the steamer or steam tube (risk of fire)



Do not let children or pets near the electric steam machine or sauna. Keep out of reach.



Your hands must be dry and free of moisture before plugging and unplugging cords



Do not use the sauna under the influence of alcohol or drugs



Do not use in or around water due to danger of electrical shock

Limit individual sessions to less than 20 minutes, and exit immediately if you start to feel acutely uncomfortable



# SAUNA | POD INCLUSIONS

Floor Mat



Electric steamer



steam dispenser



Steam tubes  
(1 short, 1 long)



6 "C" Poles



6 "B" Poles



2 "D" Poles



10 "A" Poles



Foldable chair



Pole Connectors

9 "E" connectors

2 "F" connectors

4 "G" connectors



Steam tube  
connector



Sauna Cover



Electric  
steamer  
remote



# SAUNA | POD SETUP INSTRUCTIONS

## READY TO GET STARTED?

Scan the QR code below to watch  
our product setup video



# SAUNA | POD SETUP CHECKLIST

Read the checklist below **BEFORE** setting up your SaunaPod to avoid any damages to the product during the setup process

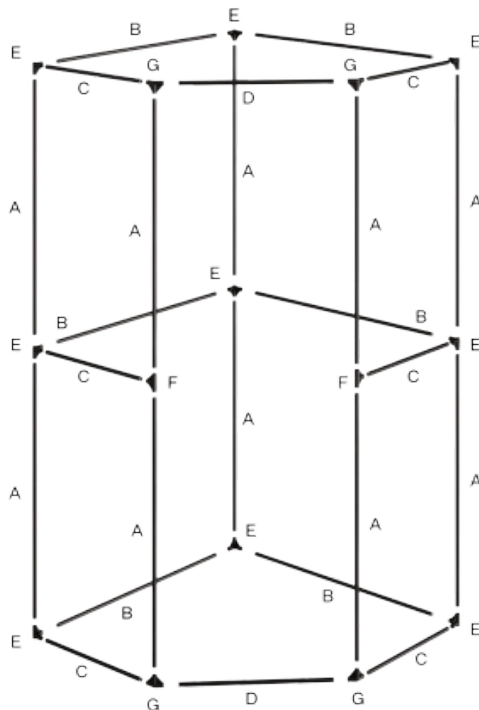
- ☐ 1. Be delicate when covering the frame with the sauna cover. The material is made tight for optimal insulation and there is a risk of it ripping if treated roughly.
- ☐ 2. Ensure that all poles are fit fully snug into the pole connectors. Failing to do so will misshape the frame and risk ripping the cover.
- ☐ 3. When securing the poles into the pole connectors, avoid bending the poles (otherwise you risk snapping the connector). See setup video for more details.
- ☐ 4. Ensure that you place the pole connectors the right way up. All horizontal poles on the frame must be FLAT for the cover to fit.
- ☐ 5. Make sure the steam tube is positioned away from your feet, if it is facing or close to your feet it will burn them with hot steam!
- ☐ 6. Ensure the lid is securely closed and fully clipped into place a per our video instructions



**We will not refund products that have been roughly handled and ripped.**

# SAUNA | POD

## STEP-BY-STEP GUIDE



10pc - A



6pc - B



6pc - C



2pc - D



9pc - E



4pc - G



2pc - F

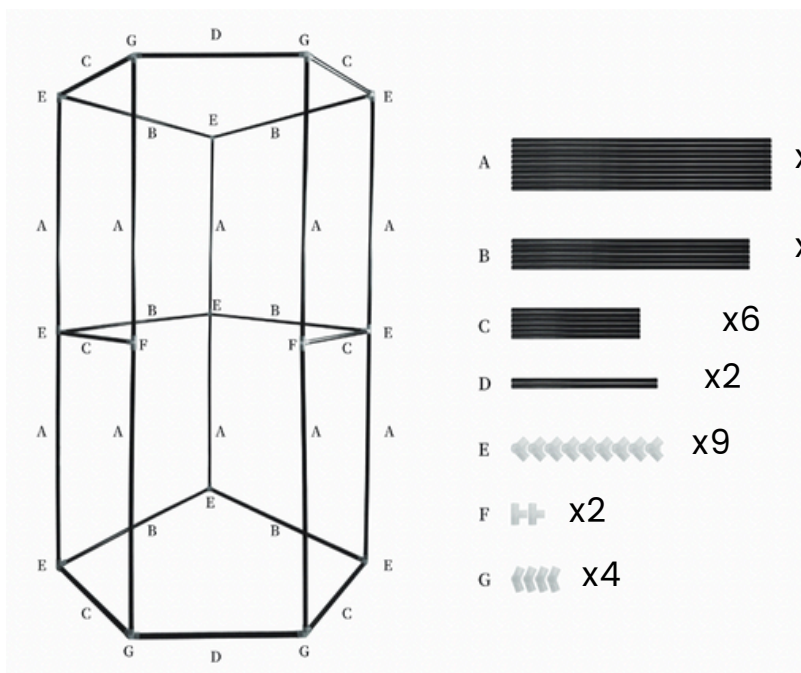


# SAUNA | POD

## STEP-BY-STEP GUIDE

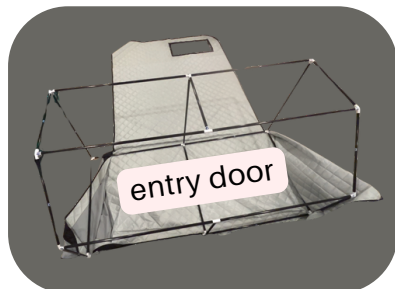
**1** Start by connecting the poles into the corresponding connectors

**IMPORTANT:** Ensure poles are inserted fully into the connectors to avoid ripping the sauna cover.



**2** Unzip the sauna cover and spread it out on the floor with the interior wall facing up. Place the frame on top

When placing frame, angle the open entry door (the one with no middle horizontal crossbar) to the bottom end of the cover



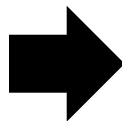
# SAUNA | POD

## STEP-BY-STEP GUIDE

- 3** Gently cover the frame with the sauna cover and zip it up. **BE VERY CAREFUL** not to rip the material.  
**IMPORTANT:** Make sure the frame sits snug with the corners of the the cover material to avoid ripping.
- 4** Screw the tube connector through the hole in the sauna wall (short side inside, long side outside). Connect the steam tubes (longer one goes inside, shorter into the steamer).  
**IMPORTANT:** Place the interior tube and steam dispenser facing the rear wall of the sauna pod (to avoid burning your feet)
- 5** Fill the steamer with water. Do not fill above the maximum line and do not put Essential oil into the steamer, only the dispenser
- 6** Place the floor mat on the floor of the sauna to soak up excess moisture
- 7** Plug the electric steamer into an outlet and press "ON/OFF" when you are ready to go
- 8** Set your desired temperature/time: We recommend no longer than 30 mins at the temperature level at "5" to avoid overheating.

## NEED HELP?

Check out our video tutorial



**SAUNA | POD**  
**USER MANUAL**

**READY TO GO?**

**IT'S TIME TO UNLOCK A NEW  
LEVEL OF WELLNESS**

**VITAL+**

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