

User Manual

INFRARED
SAUNA | POD

BY VITAL+

SAUNA | POD

SAFETY GUIDELINES



WARNING: To reduce the risk of burns, fire, electric shock or injury follow the following safety instructions very carefully:



Switch off and unplug the Sauna immediately after use.



Ensure all Sauna lights are turned off after use



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



Never leave the sauna on when unattended



Never operate the infrared sauna if it has been damaged, or if any electrical components have been damaged or are wet.



Do not let children or pets near the infrared sauna. Keep out of reach.



Never operate the unit if the cord or plug has been damaged



Any repair work must be done by the manufacturer or a qualified electrician



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



Do not place or lean any materials or fabrics on top of next to or underneath the infrared panels (risk of fire)



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



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

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WARNING: To reduce the risk of burns, fire, electric shock or injury follow the following safety instructions very carefully:



Ensure all wiring is correctly connected before use



Do not use the infrared sauna for any other heating purposes



Do not use the infrared sauna on the same electrical outlet as other high-power appliances



Do not wash the Sauna tent or other components directly with water.



Do not use the infrared sauna in humid environments



Do not touch the infrared panel with any sharp or hard objects



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



Ensure that you remain adequately hydrated

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READY TO GET STARTED?

Scan the QR code below to watch
our product setup video

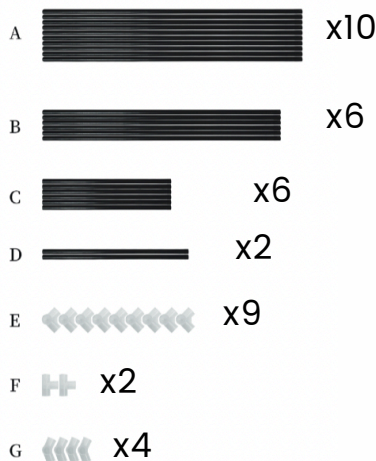
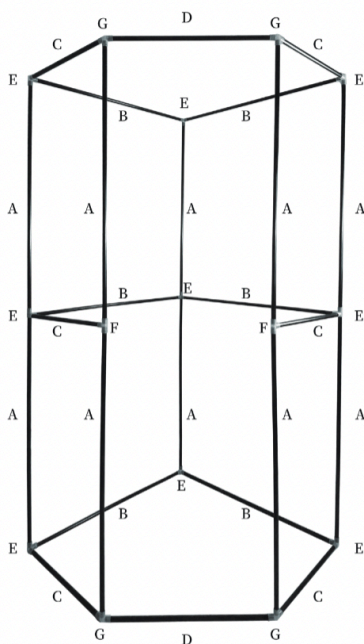


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STEP-BY-STEP GUIDE

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 INSTRUCTIONS

3

Connecting the infrared panels



1. After the frame is assembled, install the sauna tent.



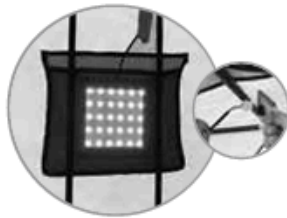
2. Install the heating plate on the frame.



3. Connect the heating panel's power plug.



5. Turn on the power, set the time, temperature, light through the control panel, and it is ready to use.



4. Install the light in the top mesh frame and connect the power plug.

SETUP CHECKLIST

- ☒ Be careful and gentle when covering the frame with the sauna cover, it can be a tight fit and there is a risk of it ripping. We will not refund products that have been roughly handled and rip
- ☒ Place a towel or mat under the sauna if using inside to absorb excess moisture

NEED HELP?



SCAN ME
TO WATCH OUR
SETUP VIDEO

SAUNA | POD
USER MANUAL

READY TO GO?

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

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